



Text '**RENTEN**' to 85258

shout

85258

here for you 24/7

SHOUT is a 24/7 text service where anyone, of any age, can text if they are struggling to cope or need mental health support.

This service is free and confidential from all major UK networks. We aim to respond within 5 minutes to support anyone in immediate distress.



togetherall

Maybe you are feeling overwhelmed, struggling socially, or just not feeling like yourself?



Togetherall is a safe, anonymous, online community to support your mental health.

FREE to all aged 16-24 in Renfrewshire



**Scan to join
for free today!**