

**RENTEN** Text 'RENTEN' to 85258 

**Just in case your Christmas isn't as merry this year... we're here to help!**

**shout**

**85258**

here for you 24/7

'Shout' is a 24/7 text based support service and anyone of any age, can text.

We aim to respond within 5 minutes to support people in immediate distress.

The service is clinically supervised and highly valued in other areas of the UK.

## 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 16-25 in Renfrewshire



**An Anonymous Community**



**Safety**



**Easy to Access**

Take a breath and count to ten...



**Scan to join for free today!**