

How to make a Referral

You can get in touch with us and we can help you. We will meet with you to look at what is best for you. Other people can also get in touch with RAMH for you this can be your GP, Psychiatric nurse, social worker, family, friend or any other supportive agency.

Phone us or pop into see us if you have any questions.

Suggestions & Complaints

RAMH is keen to hear the views, positive and negative, of people who use our services regarding the quality of the service they have received. All complaints, concerns and suggestions, which are shared with us help us to continue to improve our services. Suggestions and complaints may be lodged with:

Chief Executive
RAMH
41 Blackstoun Road
Paisley PA3 1LU
Tel: 0141 847 8900

Care Commission
Central West Region
4th Floor, 1 Smithhill Street
Paisley PA1 1EB
Tel: 0141 843 4230

East Renfrewshire Council
Freepost SCO 1740
Rouken Glen Road,
Giffnock,
Glasgow
G46 6WZ
Tel: 0141 577 3001

Mental Health
Commission for Scotland
Floor K Argyle House
3 Lady Lawson Street
Edinburgh EH3 9SH
Tel: 0131 222 6111

Our Services

Renfrewshire

ACTIVE Community mental health support 0141 848 9928	You First Advocacy Helping you to have a voice and be heard 0141 849 1229
Employability Pre - employment support 0141 847 8900	Welfare Rights Financial management advice 0141 847 8900
Renfrewshire Housing & Support Services Supporting individuals in their own homes and to live as Independently as possible 0141 847 8900	

East Renfrewshire

Causeway Community mental health support 0141 577 5557	Life Skills Support to carry out small domestic DIY jobs 0141 881 8811
Springboard Pre - employment Support 0141 881 8811	Wellspring Therapies for 5 - 11 yr olds 0141 577 2612
Youth Counselling Counselling service for 11 - 18 yr olds 0141 577 2600	
Renfrewshire Housing & Support Services Supporting individuals in their own homes and to live as independently as possible 0141 847 8900	

Renfrewshire & East Renfrewshire

Adult Counselling For individual, couples and families 0141 847 8900	FIRST Crisis Out of hours crisis support 0500 829 093 or 0141 848 9090
Education & Information Mental health promotion and information service 0141 842 3421 or 0141 577 5557	

Renfrewshire Association for Mental Health

RAMH
Helping to make the pieces fit....

**RAMH
Causeway**

**Community mental
health support
service in
East Renfrewshire**



Who are we?

Renfrewshire Association for Mental Health was founded in 1978 by a group of service users, carers and workers who individually and collectively had taken a keen interest in highlighting the needs of people experiencing mental health difficulties.

The Association has developed since then, but retains as a founding principle, the desire to increase awareness and understanding of mental ill health throughout the community.

Value Statement

Our vision is to deliver services to individuals and their families in their local community, to enable recovery from mental ill health and promote well-being.

Helping to make the pieces fit ...

We can help you to get the support you need to make sure your mental health improves, so that you can enjoy your home, work, family, friends or hobbies again.

Renfrewshire Association for Mental Health is a charity registered in Scotland No SC010430 and also a company Limited by guarantee No 141458

What is Causeway?

As part of a One Stop Shop we offer support for people experiencing mental health problems. Causeway provides individual support working with service users in their own homes and communities specifically acknowledging local diversity. We also have an extensive group work programme throughout East Renfrewshire. The service offers information and support to the carers, partners, friends and work colleagues of people experiencing mental health problems. Our support can be tailored to meet what suits you best and can include evenings and weekends.

Causeway Provides

We are committed to supporting and improving mental health in all our communities and we acknowledge that different groups and individual have different needs and we actively work to change and adapt our services to meet these needs. Causeway provides a number of services using a recovery approach, such as:

- ◆ **Individual Work** - Supporting individuals to use public transport and community resources
- ◆ **Group work** – Anger management, assertiveness, anxiety management, social drop-in, creative groups
- ◆ **Supporting the BME Community**
- ◆ **Information** - General information in relation to mental health issues and East Renfrewshire Community Resources
- ◆ **Education** - awareness of mental health issues in Secondary Schools
- ◆ **Support for Carers**

Contact Causeway

You can find us at :
112b Ayr Road
Newton Mearns
G77 6EG

You can phone us at:
0141 577 5557

You can email is at:
admin@causeway-ramh.org

You can visit the One Stop Shop website at:
www.causeway-ramh.org

Contact RAMH

You can find us at:
RAMH Head Office
41 Blackstoun Road
Paisley
PA3 1LU

You can contact us on:
Tel: 0141 847 8900
Fax: 0141 889 3673

You can email us on:
enquiries@ramh.org

Or you can visit our website at:
www.ramh.org

Please call us on 0141 847 8900 if you would like this leaflet in large print, Braille, on audio tape or on audio CD. If you need this information in a different language please get in touch and we can look at how we can help you with this.