

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

Complaints Officer, Renfrewshire Council
Social Work HQ, 4th Floor, North Building
Cotton Street, Paisley PA1 1TZ
Tel: 0141 842 5000

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 Adult Counselling Service



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 Counselling?

Counselling is a partnership between an individual or couple and a counsellor that takes place in a private and confidential setting. The counsellor will listen to a person's concerns, in a non-judgemental manner and help them to explore the options they have for dealing with them. Counselling can assist people to discover ways to resolve their own difficulties or to manage them more effectively. It can also help people to develop opportunities in their life and ultimately, to live in a more meaningful and resourceful way.

Counselling Provides

RAMH Counselling Service provides a personalised service aimed at meeting the your needs and where you are within your life. The service adopts a flexible, integrated approach providing the best possible means of engaging a person and working with their autonomy to empower them towards greater self-efficiency.

We work with individuals who experience a wide range of emotional distress and difficulties and we can successfully support you to improve your mental health, wellbeing and coping strategies.

Contact Causeway

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

You can phone us on:
0141 847 8908

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.