

WHO ARE WE?

Renfrewshire Association for Mental Health is a Voluntary Organisation, which holds Charitable Status, and is also recognised as a Company Limited by Guarantee. The Association was originally established in 1978, and acted as a local forum for discussion, as well as a campaigning body and pressure group. The membership is drawn from local users of service, carers, and professionals in the Mental Health field. In addition, the Association acts as an umbrella group for affiliated groups, i.e. L.I.N.K. Clubs and various others. The Association has been an active provider of services since 1990, and currently co-ordinates a range of services. As a distinctly 'local' organisation, we are in the prime position to respond with flexibility to the demands and expectations of service users throughout Renfrewshire.

PHILOSOPHY

Renfrewshire Association for Mental Health acknowledges its primary function as promoting a process of recovery and well-being. We will encourage individuals to enhance self-help skills and abilities with which to reclaim control over their daily lives. We will promote a sense of hope, to empower individuals to draw on their strengths, potential and capabilities.

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.

Suggestions & complaints may be lodged with RAMH Chief Executive at 41 Blackstoun Road, Paisley PA3 1LU

RAMH is a company Limited by guarantee No. 141458
Recognised for charitable purposes by the Inland Revenue

Charity No SCO10430

October 2009

Renfrewshire Association for Mental Health



RAMH

Information on services

41 Blackstoun Road
Paisley
PA3 1LU

Tel: 0141 847 8900
Fax: 0141 889 3673

Email: enquiries@ramh.org

www.ramh.org



RAMH provides services to the community in a variety of sectors. Listed below are all the services we provide across Greater Renfrewshire, with a brief description and contact details.

Services based in both Renfrewshire & East Renfrewshire

COUNSELLING

RAMH counselling team consists of trained part and full time counsellors together with a number of trained volunteer counsellors. We offer confidential counselling to adults aged 16 - 65 living throughout Renfrewshire and East Renfrewshire. We provide a personalised service aimed at meeting a person's needs and where they are within their life. The service adopts a flexible, integrated approach providing the best possible means of engaging them and working with a person's autonomy to empower them towards recovery and greater self-efficacy. Counselling takes place at a venue most convenient for the person.

Tel: 0141 847 8900.

EDUCATION & INFORMATION

Based in The Charleston Centre and at Causeway, the information and education workers are responsible for reducing the stigma of mental illness by raising awareness and understanding of mental ill health in schools and within the community. A significant part of our work is to provide staff, service users & carers with relevant information about current mental health issues, new initiatives, resources, current legislation and to provide training and support to individuals to help them get what they need.

Renfrewshire
East Renfrewshire

Tel: 0141 842 3421
Tel: 0141 577 5557

CAUSEWAY HOUSING

We provide practical tenancy support to people with a wide range of mental health issues. We aim to enable people to maintain the upkeep of their homes and to enjoy the best possible quality of life in and around their homes.

Tel: 0141 638 7060 (Thornliebank Office)
Tel: 0141 881 8811 (Barrhead Office)

CAUSEWAY EMPLOYABILITY

Causeway employability offers support for individuals age 16+ who are experiencing mental health problems to focus on improving and developing their skills and experience to improve opportunities for employment. Whether already in work, considering returning to work, requiring support to maintain or change work or thinking about Further Education, training or volunteering, Causeway employability can offer a range of supports to help you achieve your goals.

Tel: 0141 237 0026
INFO Worker: 0141 237 0026

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.

Services based in East Renfrewshire

www.causeway-ramh.org

CAUSEWAY 'ONE STOP SHOP'

Is a community based mental health resource for people living in East Renfrewshire. We provide a number of services for people who have experienced mental health difficulties and we work with a recovery approach. 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 that service users can access. The service offers information and support to the carers, partners, friends, of people experiencing mental health problems. If you need information on anything relating to mental health and wellbeing, we have a drop in resource centre based at our office at 21 Carlubar Road, Barrhead, G78 1AA.

Tel: 0141 237 0026

ERYCS

East Renfrewshire Youth Counselling Service work with young people and children in a variety of ways to offer support with emotional or mental health issues they may be facing, such as anxiety, stress, bullying, eating issues, self-harm, bereavement and relationship difficulties. We also provide support and training to teachers and staff from other organizations that work with young people.

Tel: 0141 577 2612

Services based in Renfrewshire

FIRST CRISIS

FIRST Crisis is an out of hours Crisis Service which provides a short term support to anyone (16-65) experiencing a crisis in their mental health in Renfrewshire. The team provide a confidential support service specialising in mental health, and aim to support individuals through periods of crisis. The service can help to maintain an individual's existing sources of support, and explore longer term support options. The service can also access and liaise with other services and supports on your behalf.

The service is open 7 days a week, 365 days a year. Weekdays 9am-10pm and Weekends 10am-5:30pm.

ACTIVE

ACTIVE is a community based mental health service which supports a drop-in centre during the week and offers a wide range of services including information and advice to clients throughout the area. From the friendly and informal settings of the various social clubs to more structured services such as Women's Groups and Anxiety Management. Active also has a physical activities (cycling & running) group and men's lunch club. There is a diversity of services all designed to be as approachable and easy to use as possible.

Tel: 0141 848 9928

Services based in Renfrewshire

WELFARE RIGHTS SERVICE

The Welfare Rights Service provides financial management advice to people who have experienced or are experiencing mental health problems. We can provide assistance in a range of issues including, benefit advice, back to work benefits, benefits tribunal's etc.

Tel: 0141 889 6104

BRIGHTER FUTURES

Brighter Futures in East Renfrewshire is a Mental Health Foundation and Renfrewshire Association for Mental Health (RAMH) partnership, providing a peer-mentoring service for older people in our community. It is funded by the Big Lottery Fund to run for a period of two years. The aim is to significantly improve the quality of life of older people, enhancing their social networks, mental health and enabling meaningful activity.

Tel: 237 0026 or 0755 424 7972

YOU FIRST ADVOCACY

Advocacy is about giving the people who use our service a voice. We can help our clients to access services, make complaints, prepare for meetings, provide support during meetings, explain correspondence, write letters, make phone calls and much more. We ask our clients what they want, discuss various options and support them through the process if they want us to. We treat all our clients with dignity and respect - we don't give advice but we will help them to make their own decisions. Many of our team are volunteers - if you are interested in using our service or would like information about volunteering please contact.....Tel: 0141 849 1229

RENFREWHIRE HOUSING & SUPPORT SERVICE

RAMH provides housing support to people in their own homes across Renfrewshire. Our support is person centred and is designed to deliver packages of support in partnership with service users. This support can vary from simple day to day tasks to complex pieces of work; similarly we can offer relatively small packages to fairly large and complex packages. The aim of the service which underpins it is to support individuals to maintain their tenancies and help them to achieve their optimal level to live a fulfilling and independent life. We also support individuals to be active members of their communities and support them to work towards their aspirations and hopes.

The service is funded through the Supporting People Initiative. When an individual is referred as requiring housing support, the service will arrange an appointment to carry out a brief assessment. Throughout the referral and assessment period we will keep you informed of the process.

Tel: 0141 847 8900

OPEN FUTURES

Supports people to overcome barriers to get back to work, education or training who are identified as having one or more of the following barriers: Mental Health Issues, Learning/Physical Difficulties, Substance Misuse, Offending Background. Open Futures provides specialist assistance to employers to identify and provide employment opportunities to people who have barriers. Supports include: dedicated employer officer, delivery of 'supported employment' model, bespoke support package, monitoring and sustainability support.

Tel: 0141 848 9122