Renfrewshire
Health & Social Care
Partnership

Local Services with Self Referral Options

Did you know that you can self refer to some of our services without making an appointment with your GP?

Primary Care Mental Health Team
For help with mild to moderate mental health issues e.g. depression, anxiety, adjustment disorder, post-traumatic stress disorder (PTSD), and obsessive compulsive disorder (OCD)
call **0141 849 2208**

Renfrewshire Drug Service
For support with drug problems call
0141 618 2585

NHS Greater Glasgow and Clyde Weight Management
For specialist advice on weight management and support call
0141 211 3379

Out of Hours Psychiatric Service
For anyone experiencing a mental health crisis during the out of hours (OOH) period contact the OOH Community Psychiatric Nurse service
on **0845 650 1730**
or via NHS 24 on **111**

Adult Social Care
The Adult Services Response Team is the single point of access for social care services including adult protection, care@home, community care and occupational therapy.
Call **0141 207 7878** or email adultservicesreferral.sw @renfrewshire.gcsx.gov.uk

Podiatry Appointment Hotline number
For specialist podiatry service contact **0141 347 8909** or email AHP.Appointments@ggc.scot.nhs.uk

Community Physiotherapy
For advice on muscle and joint pain visit the NHS Inform Musculoskeletal Zone:
www.nhsinform.scot/injuries/ muscle-bone-and-joint-injuries

Integrated Alcohol Team (IAT)
Support for people who want help to change their drinking behaviour call
0141 207 7878 or via ASeRT on **0300 300 1199** and choose option 2

Dentist
You should register with a dentist for regular check ups, planned routine treatment and emergency care. For advice and information pop into your local dentist or call the NHS Inform helpline on
0800 22 44 88

Pharmacy
Drop into your local pharmacy to get expert advice on treating minor ailments such as coughs, colds and sore throats or help with your medicines

Optometrists
Optometrists can carry out free NHS eye tests or help with eye problems. Visit your local optician to see an optometrist or access via NHS 24 on **111** in an emergency

Better access to local services

Saves you time - no need to make an appointment with your GP

You can take control over your own health