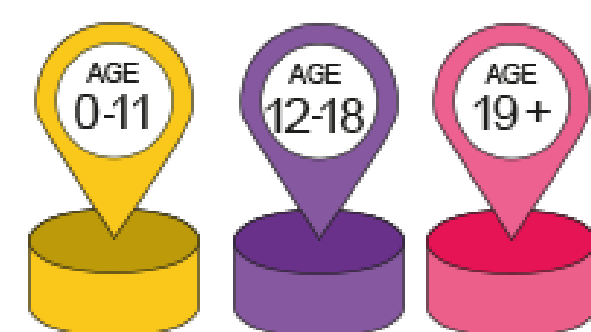


CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH SERVICES DIRECTORY



NHS
Leicester, Leicestershire
and Rutland

This directory is full of local support services that are designed to help you overcome life challenges and to support any mental health issues you may have. The directory can help you find the right support for you. Browse the directory pages or use the contents links to go to a particular service.

[JUMP TO CONTENTS](#) ▶



KEY TO CATEGORIES



Talking therapies are treatments which involve talking to a trained professional about your thoughts, feelings and behaviour.



One to One Therapy offers a safe, confidential space to explore thoughts and feelings with a trained professional.



Counselling for people experiencing abusive behaviours or violence. Counselling allows you to discuss your feelings, problems and associated issues with a counsellor confidentially and safely.



Group sessions are a form of therapy that involve one or more therapists working with several people at the same time.



Wellbeing therapy addresses a combination of a physical, mental, emotional and social health factors, to improve how you feel about yourself and your life.



Activity therapy uses leisure activities to help people with specific health conditions improve their skills, abilities, overall health, and emotional well-being.

This directory has been co-created and co-designed with young people, in partnership with the Documentary Media Centre and Blank Canvas. The project was funded by NHS Leicester, Leicestershire and Rutland Integrated Care Board (ICB). Connecting children and young people to the varied support and services available to help them with their mental health and well-being.

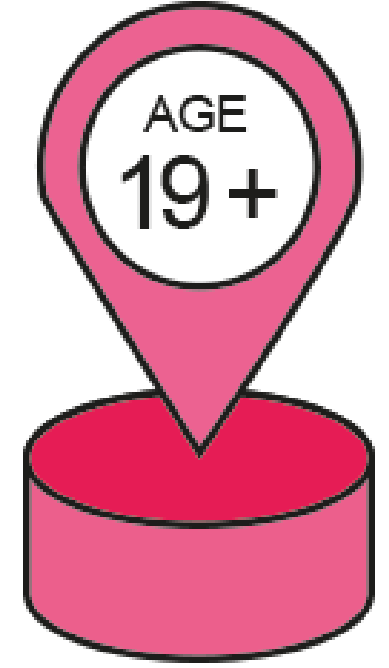


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If you didn't find what you need, visit the Joy website



Culturally Sensitive Mental Health Support

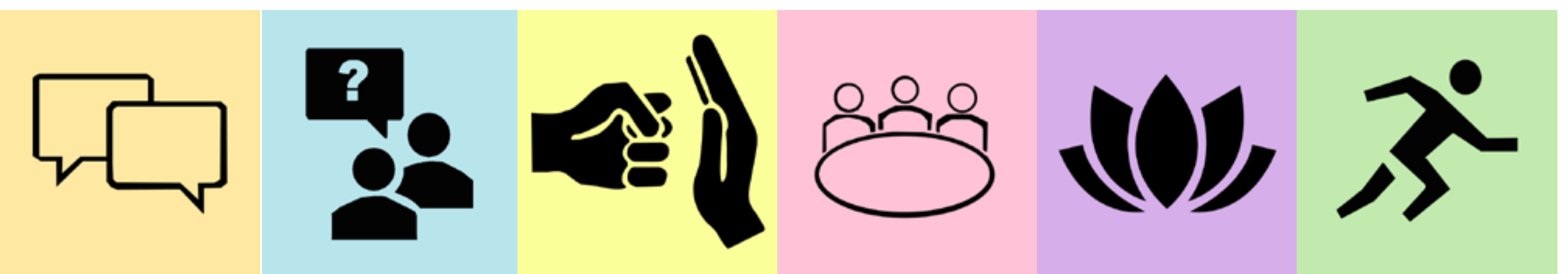
ADVOCACY

WAYS TO CONTACT :
phone | email
by post | in person

THERAPY

SUPPORT

As a team Adhar Project are committed to supporting people with their mental health difficulties, by helping them to understand their individual problems and be able to offer support where needed. Adhar Project empowers people to manage their own mental ... READ MORE ▶




 **0116 220 0070**

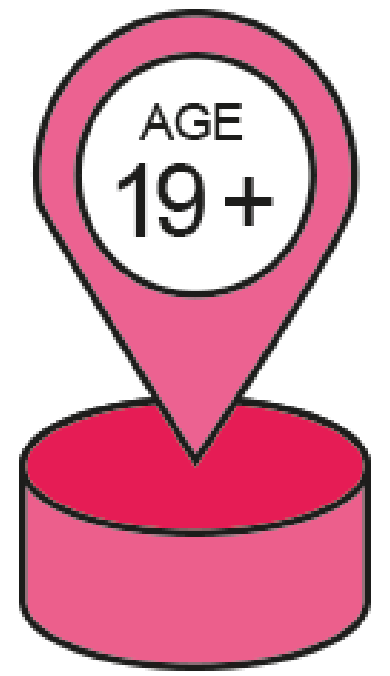
 **admin.box@adharproject.org**

 **79 St Peters Rd, Leicester LE2 1DH**

 **www.adharproject.org**

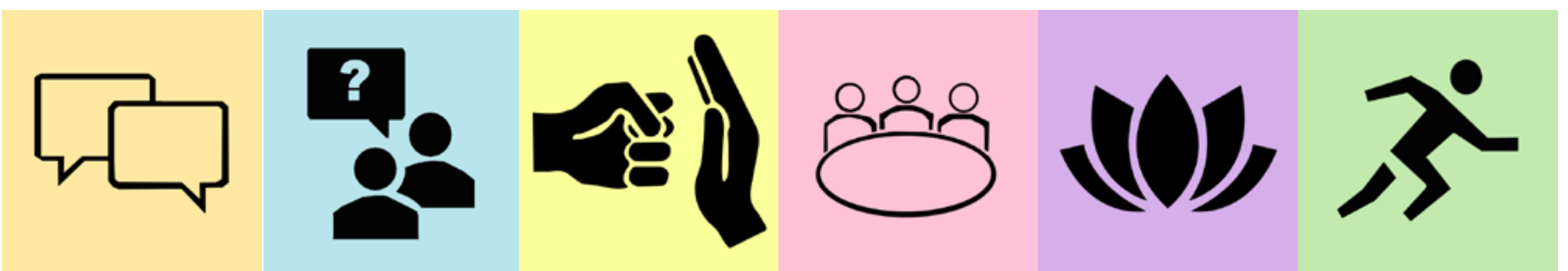
joy If you didn't find what you need, visit the Joy website





As a team Adhar Project are committed to supporting people with their mental health difficulties, by helping them to understand their individual problems and be able to offer support where needed. Adhar Project empowers people to manage their own mental health difficulties. We aim to achieve this by addressing all factors that are related to the issue and delivering these services in a culturally relevant and personalised way.

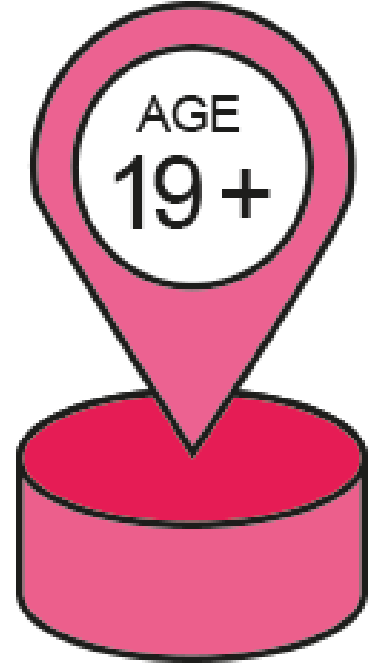
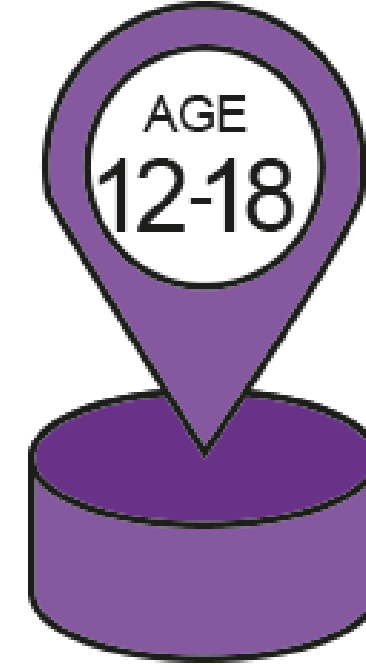
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joy

If you didn't find what you need, visit the Joy website





Web based resources for all things relating to autism

ADVICE

WAYS TO CONTACT :

SMS message | web-chat

SUPPORT

SIGNPOSTING

Autism Space | Leicestershire Partnership NHS Trust

Find advice, information and support around all things relating to autism. Understanding the autism diagnosis and assessment process. Online autism re ... READ MORE ▶



07312 277097



//chathealth.nhs.uk/start-a-chat/h/chatautism/

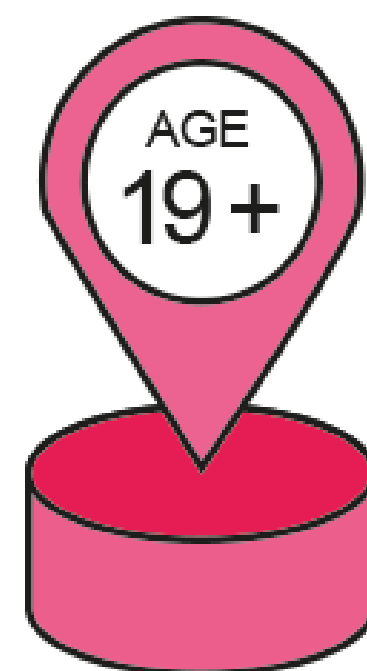


www.leicspart.nhs.uk/autism-space/all-about-autism

joy

If you didn't find what you need, visit the Joy website





Autism Space | Leicestershire Partnership NHS Trust

Find advice, information and support around all things relating to autism. Understanding the autism diagnosis and assessment process. Online autism resources, useful articles for autistic young people, advice within Education, Employment Support, National resources for autistic people. Contact is available through web chat and SMS.

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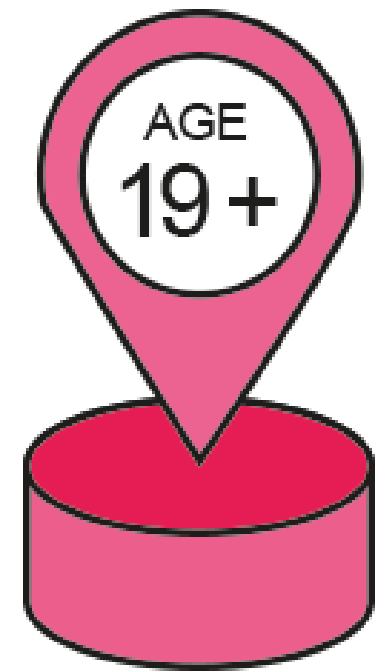
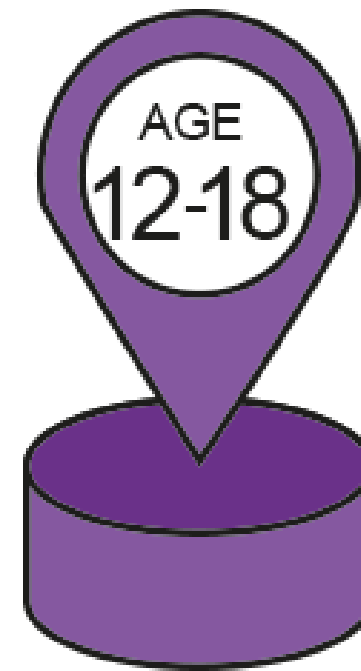
joy

*If you didn't find what you need,
visit the Joy website*



Beat

Eating disorders



Emotional support & advice
with eating disorders

ADVICE

WAYS TO CONTACT :

phone | email | SMS message
by post | web-chat | in person

SUPPORT

LEARNING

We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders. Support on the Helpline is available by phone, email, webchat (live link) through ... READ MORE ▶



0808 801 0677



1-2-1 web-chat



help@beateatingdisorders.org.uk



FAO Helpline, Beat, Unit 1 Chalk Hill House,
19 Rosary Road, Norwich, Norfolk, NR1 1SZ



www.beateatingdisorders.org.uk

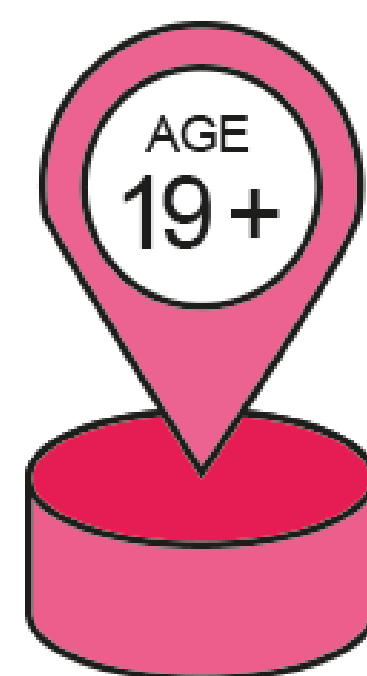
joy

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visit the Joy website*



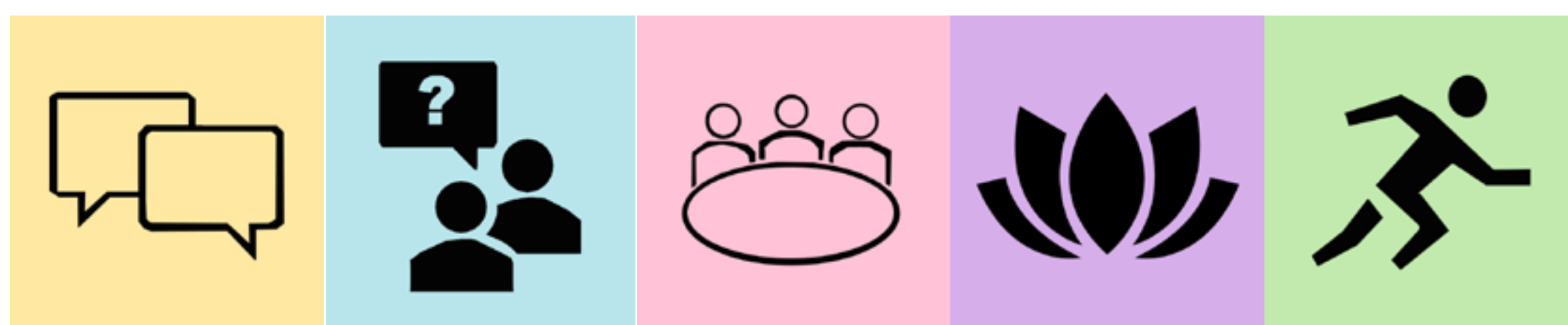
Beat

Eating disorders



We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders. Support on the Helpline is available by phone, email, webchat (live link) through our social media accounts and by letter. Calls to the helpline are free from landlines and mobile phones within the UK and do not appear on itemised bills.

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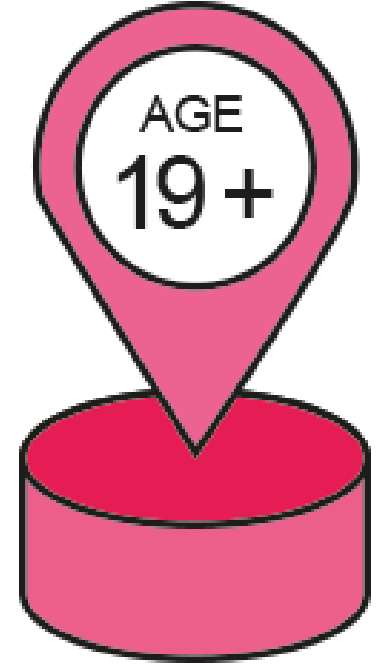
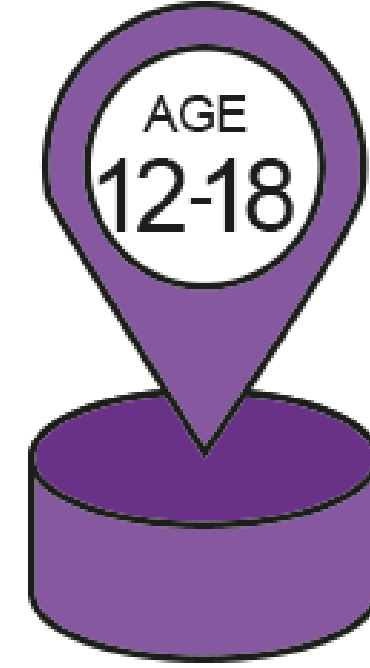
joy

*If you didn't find what you need,
visit the Joy website*





Leicestershire Partnership
NHS Trust



NHS Trust Mental Health
Central Access Point

SUPPORT


WAYS TO CONTACT :
Helpline | phone | website


24 hr HELPLINE

SIGNPOSTING


Anyone needing mental health support for themselves or others can call this service 24 hours a day, seven days a week. The phone line is staffed by recovery workers from Turning Point, who explore a caller's needs and transfer them to an appro ... READ MORE ▶



 **0808 800 3302**

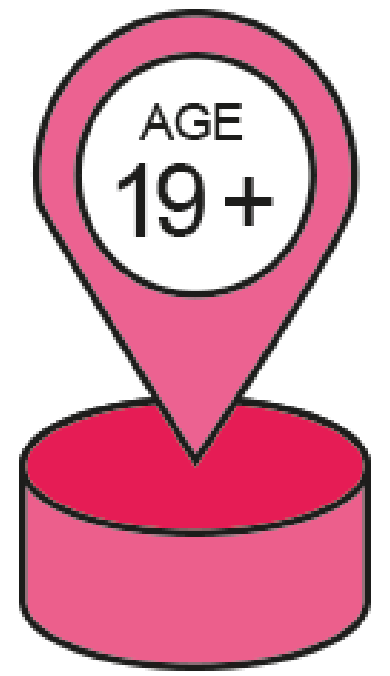
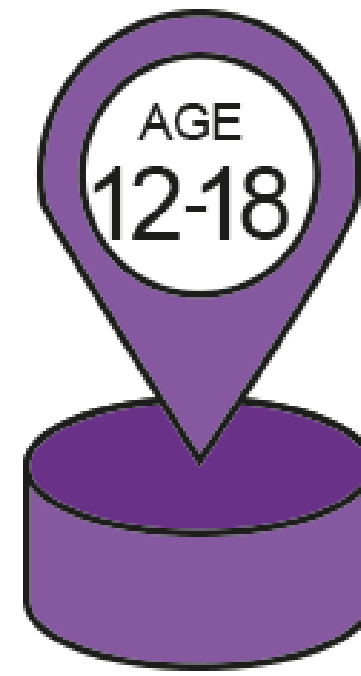
 **www.leicspart.nhs.uk/service/central-access-point/**

joy *If you didn't find what you need, visit the Joy website*





Leicestershire Partnership
NHS Trust



Anyone needing mental health support for themselves or others can call this service 24 hours a day, seven days a week. The phone line is staffed by recovery workers from Turning Point, who explore a caller's needs and transfer them to an appropriate staff member from Leicester Partnership NHS Trust. This could be a direct transfer or a call back. People with urgent care needs should be called back within four hours. An assessment of need would be within 24 hours. For non urgent cases the call-back would be within four working days.

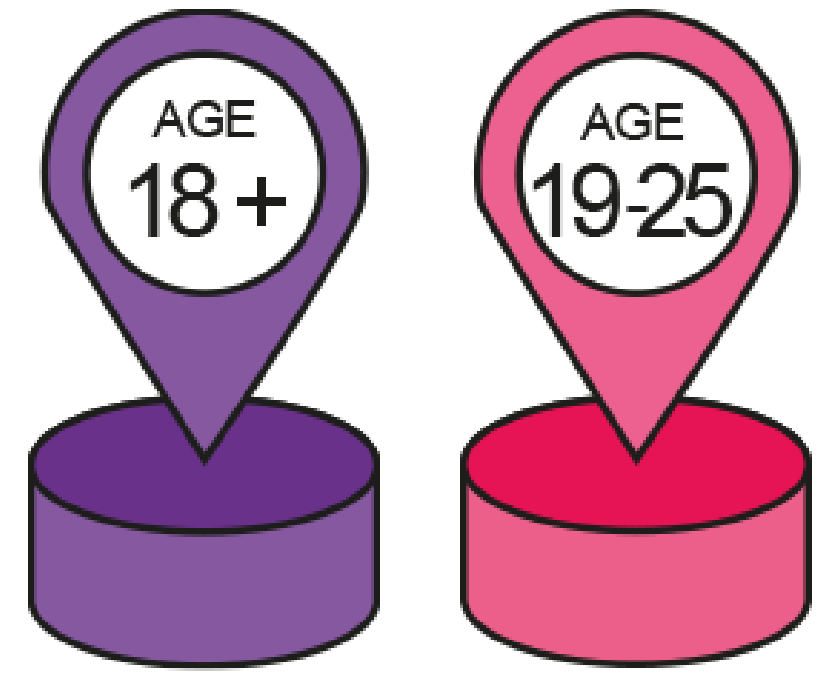
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joy

*If you didn't find what you need,
visit the Joy website*





Helping Leicester's young refugees to rebuild their lives

EDUCATION

WAYS TO CONTACT :
phone | email | website

SUPPORT GROUP

ACTIVITIES

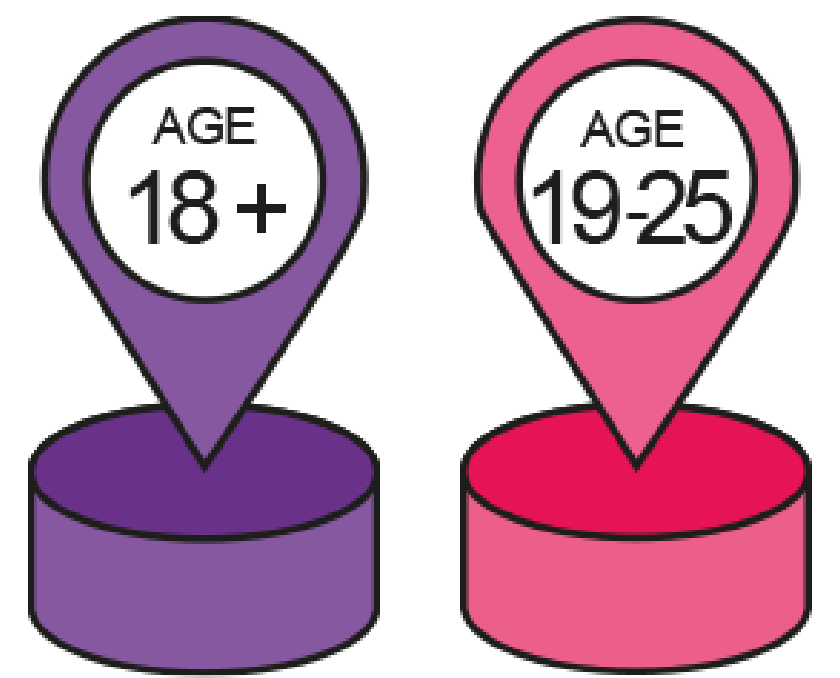
After18 is a charity which specialises in supporting unaccompanied asylum-seeking children and young refugees under 25 to adjust to living in the UK, rebuild their lives and prepare for their future. Different support options for young refugee ... READ MORE ▶



📞 07851411964
✉️ mail@after18.org.uk
🌐 www.after18.org.uk

joy If you didn't find what you need, visit the Joy website

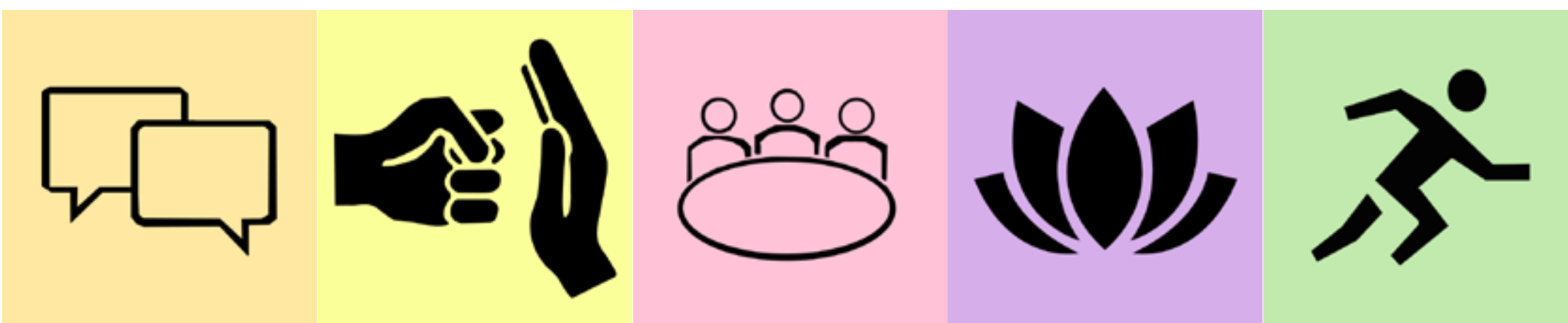




After18 is a charity which specialises in supporting unaccompanied asylum-seeking children and young refugees under 25 to adjust to living in the UK, rebuild their lives and prepare for their future.

Different support options for young refugees - regular group activities in Leicester. Different sessions available to enable young refugees to socialise, learn new skills and adjust to life in the UK. Education project, Young women's support group, Sports, Arts programme.

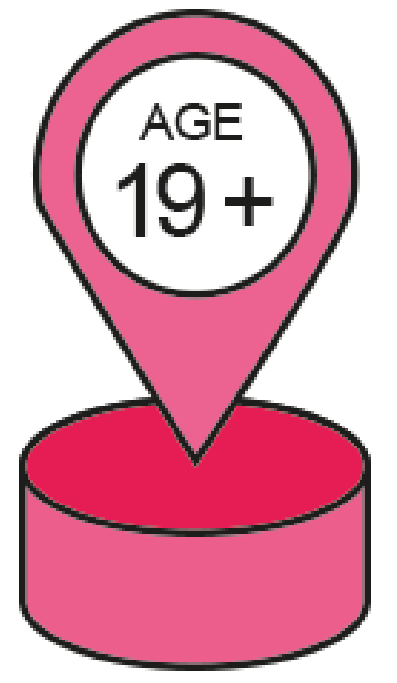
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joy

If you didn't find what you need, visit the Joy website





Local, immediate support
& advice for mental health

SUPPORT

WAYS TO CONTACT :

phone | email | drop-in

EXPERT HELP

LOCAL SETTING

The Neighbourhood Mental Health cafes are part of Leicestershire Partnership NHS Trust's local support for people who need immediate help with their mental health. The cafes are drop in centres for anyone to come and talk to us about their men ... **READ MORE** ▶



07816 350 215

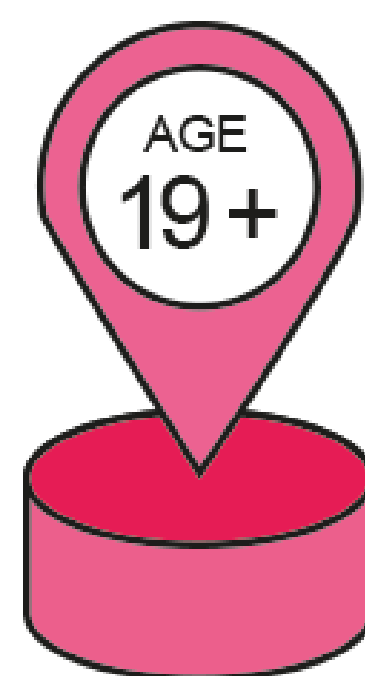


www.leicspart.nhs.uk/service/neighbourhood-mh-cafes

joy

*If you didn't find what you need,
visit the Joy website*





The Neighbourhood Mental Health cafes are part of Leicestershire Partnership NHS Trust's local support for people who need immediate help with their mental health. The cafes are drop in centres for anyone to come and talk to us about their mental health – no appointment needed. We have supportive, trained staff who can listen and provide the practical support you need. There are even cafes at all 3 universities conveniently located for students or any adult aged 19+. Go to the website to find your nearest Neighbourhood Mental Health Cafe.

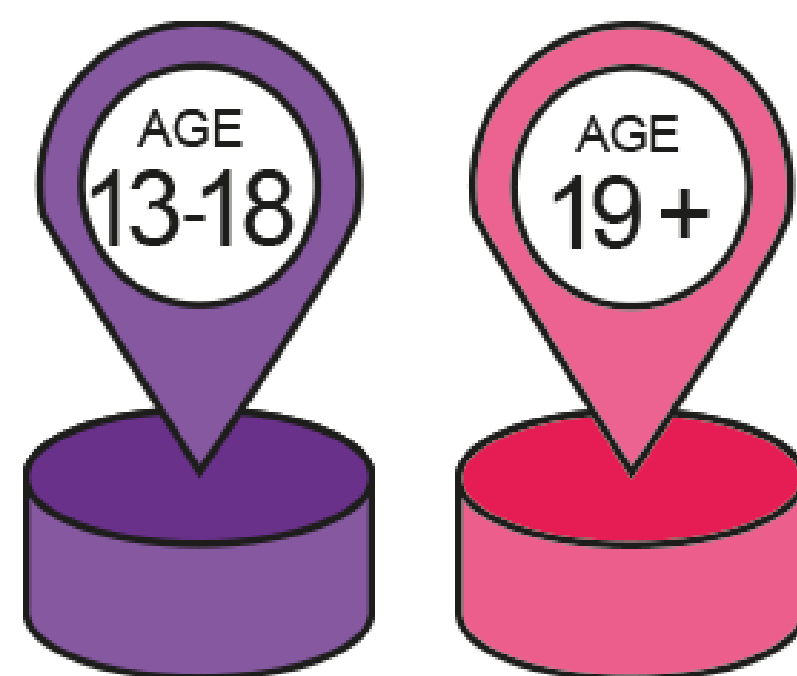
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joy

*If you didn't find what you need,
visit the Joy website*





Sexual Violence Support Services

ADVOCACY

WAYS TO CONTACT :

phone | email | SMS message
by post | web-chat | in person

ADVICE

SUPPORT

Freeva are here to support you, we understand what you may be experiencing and we can help. Sexual assault and rape is a traumatic and extremely stressful experience, whether it was by someone you know or by a complete stranger. The m ... READ MORE ▶



0808 80 200 28



07715 994 962



info@freeva.org.uk



www.freeva.org.uk



Freeva PO Box 7675 Leicester LE1 6XY

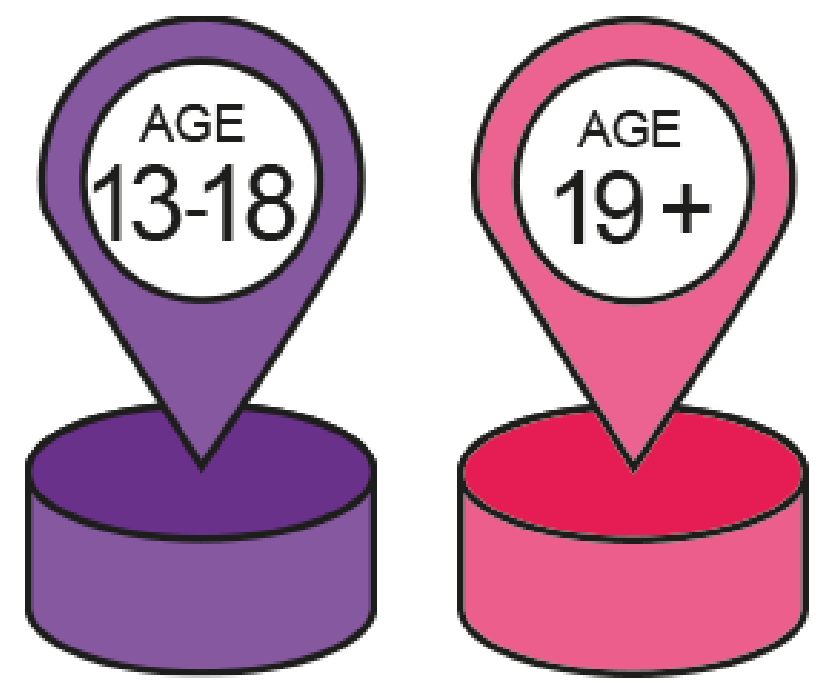


www.freeva.org.uk/portfolio/sexual-violence-services/

joy

If you didn't find what you need, visit the Joy website





Freeeva are here to support you, we understand what you may be experiencing and we can help. Sexual assault and rape is a traumatic and extremely stressful experience, whether it was by someone you know or by a complete stranger. The most important thing to remember is that it was not your fault and you are not alone. This service is for anyone, male or female, living in Leicester, Leicestershire or Rutland aged 13+ who has experienced rape and/or sexual assault. This could be as a result of a recent incident or something that has happened in the past.

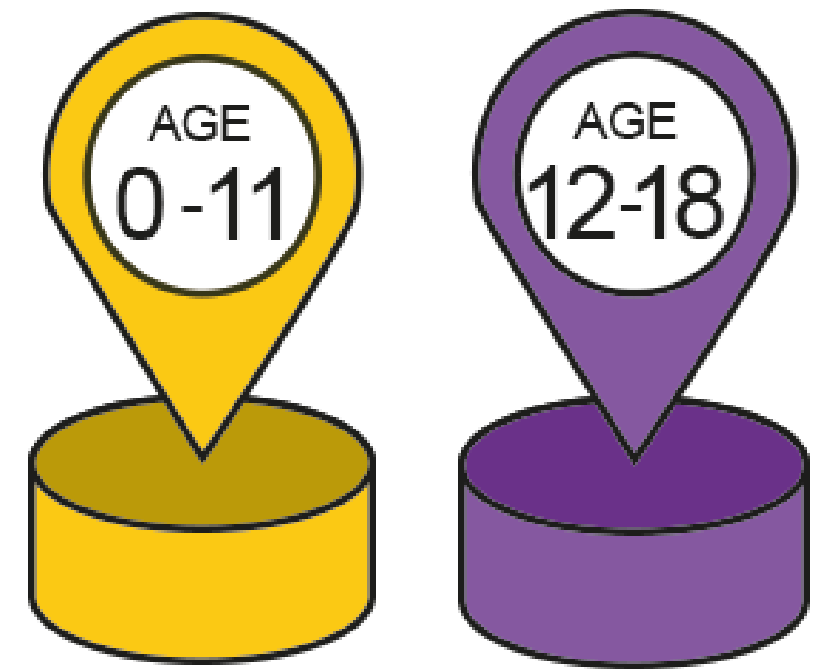
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joy

*If you didn't find what you need,
visit the Joy website*





Advice & support to help resolve conflict

SUPPORT

WAYS TO CONTACT :

phone | email
Info-Leaflet

INTERVENTION

SELF CARE

The Freeva YP Project was established to support young people using abusive behaviours. This may be in a dating relationship – known as intimate partner violence (IPV) or against a parent or carer known as either Adolescent to Parent Violence ... **READ MORE** ▶



0116 254 0101



info@jenkinscentre.org

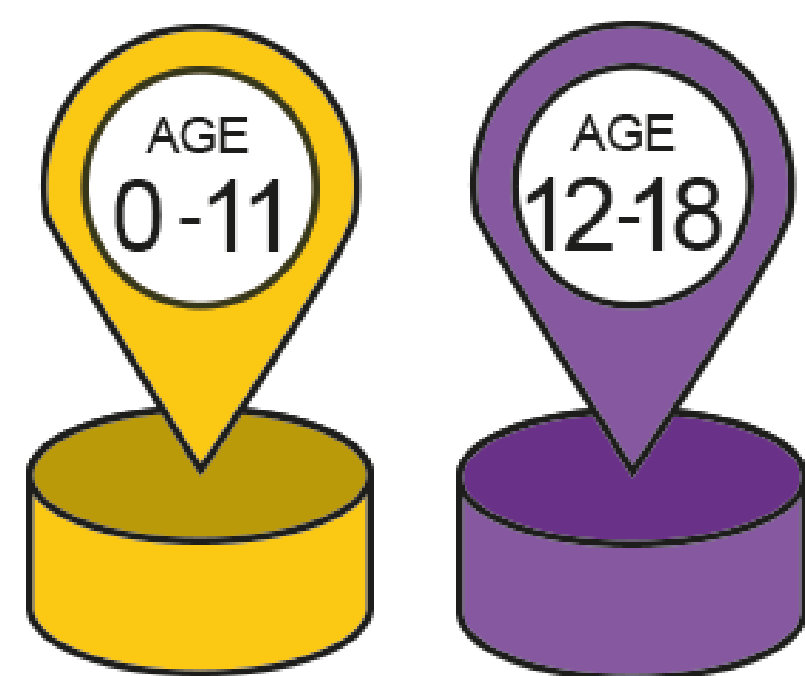


www.freeva.org.uk/portfolio/young-person-project/

joy

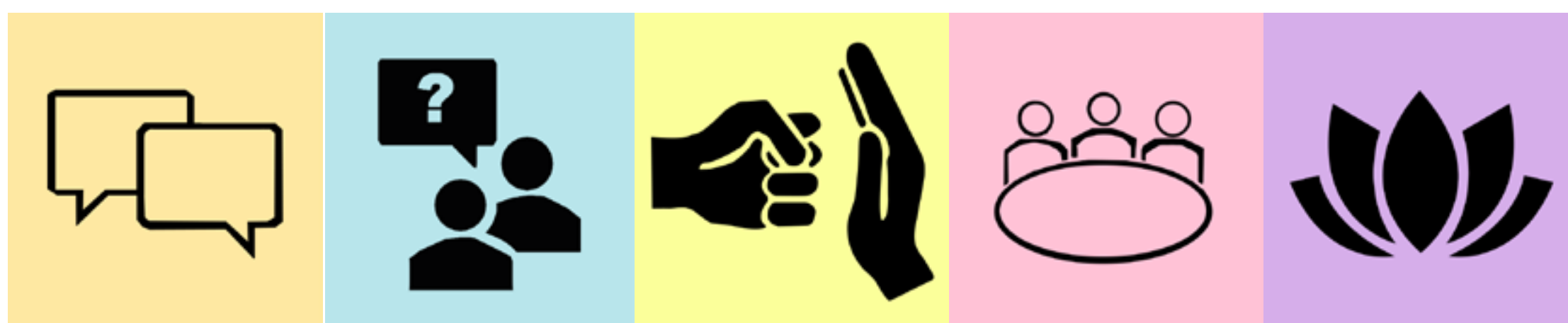
If you didn't find what you need, visit the Joy website





The Freeva YP Project was established to support young people using abusive behaviours. This may be in a dating relationship – known as intimate partner violence (IPV) or against a parent or carer known as either Adolescent to Parent Violence (APV) or Child on Parent abuse. We provide a group or 1-2-1 intervention programme teaching the Non-Violent Resistance (NVR) parenting approach. This approach focuses on rebuilding relationships, de-escalation, prioritising behaviours, self care and much more.

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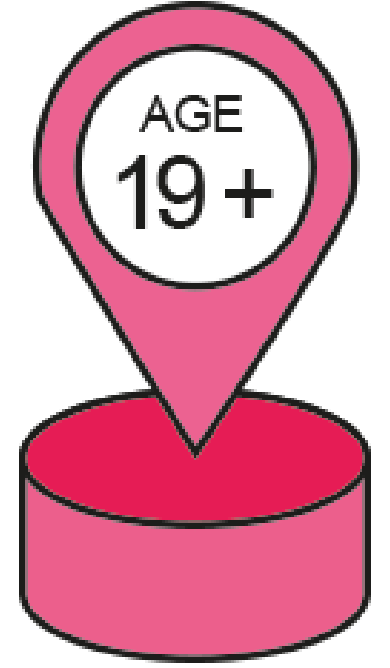
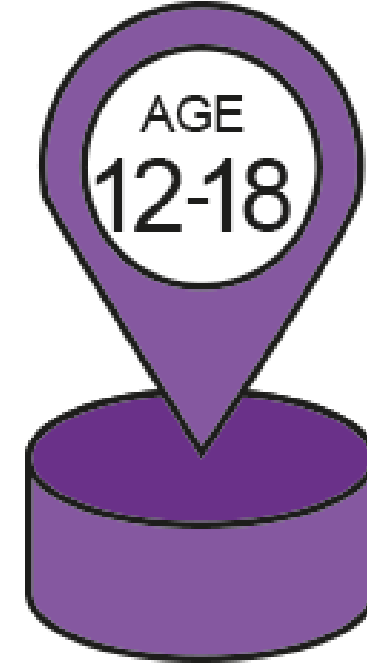


joy

*If you didn't find what you need,
visit the Joy website*



Health for Under 5s



Parenting advice and support
with Under 5s health

ADVICE

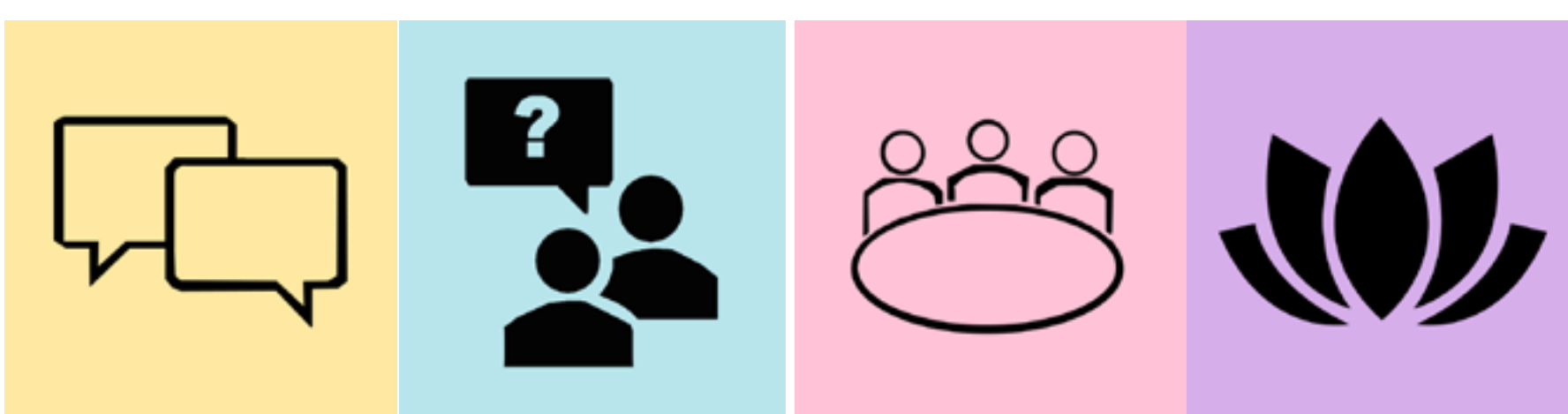
WAYS TO CONTACT :

online articles | useful links
website

SUPPORT

SIGNPOSTING

Advice and support articles from trusted NHS professionals covering all aspects of early parenting and under 5s health and wellbeing. When becoming a parent, you might be unsure on what support is available for you. We've linked to information you'll need to ... **READ MORE** ▶



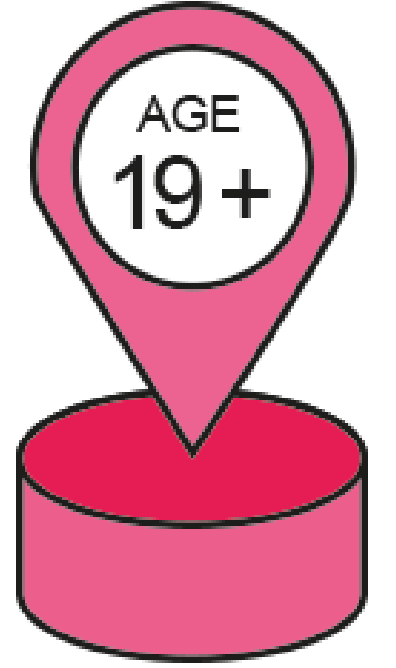
www.healthforunder5s.co.uk

joy

*If you didn't find what you need,
visit the Joy website*



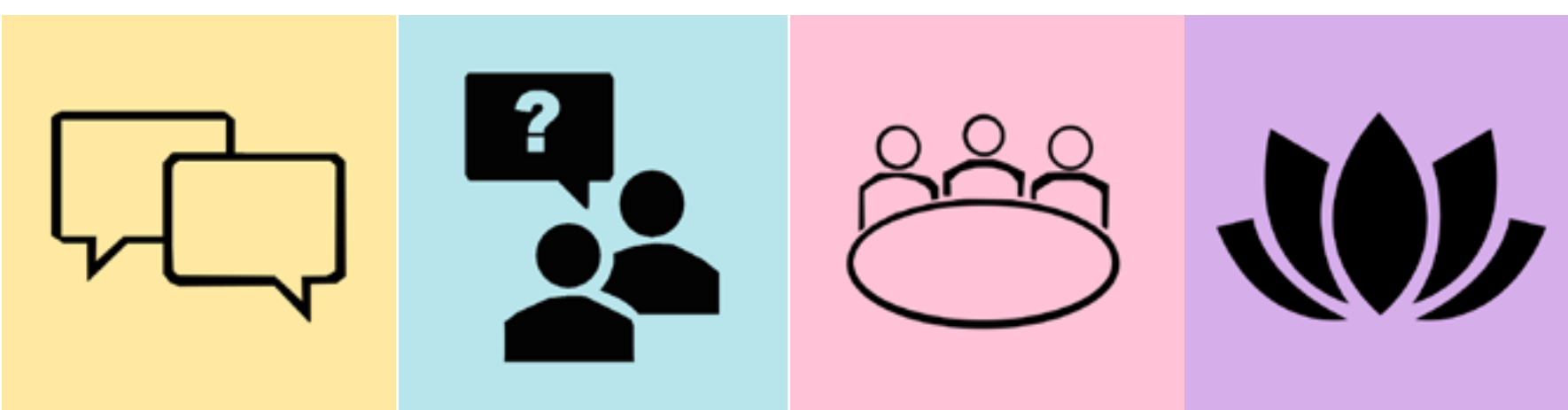
Health for Under 5s



Advice and support articles from trusted NHS professionals covering all aspects of early parenting and under 5s health and wellbeing.

When becoming a parent, you might be unsure on what support is available for you. We've linked to information you'll need to make sure you and your baby have the best start. The weblinks on our website set out support available in Leicester City and Leicestershire, and have been put together by Leicester City Council.

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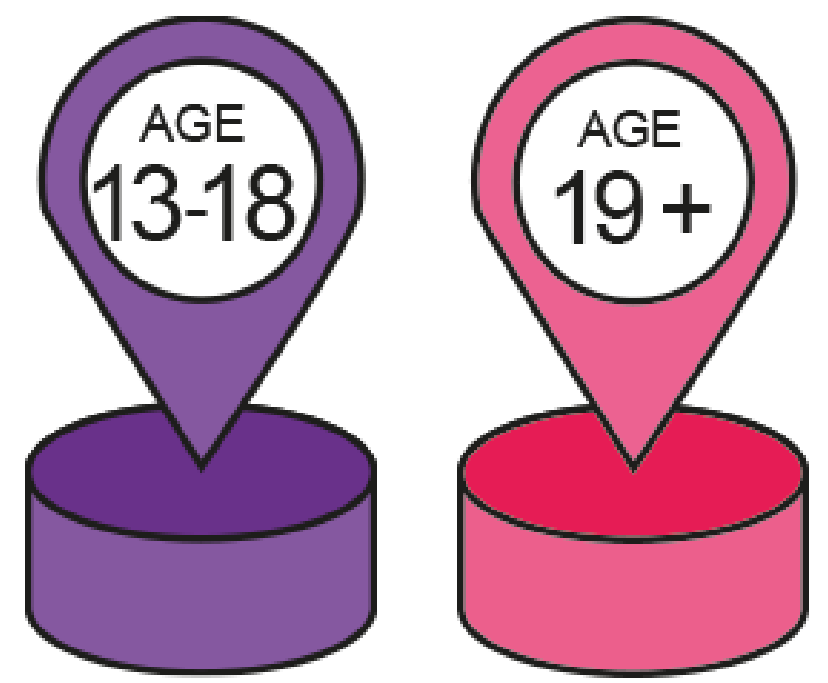


joy

*If you didn't find what you need,
visit the Joy website*



Jasmine House



Support for female survivors of sexual violence

CONFIDENTIAL

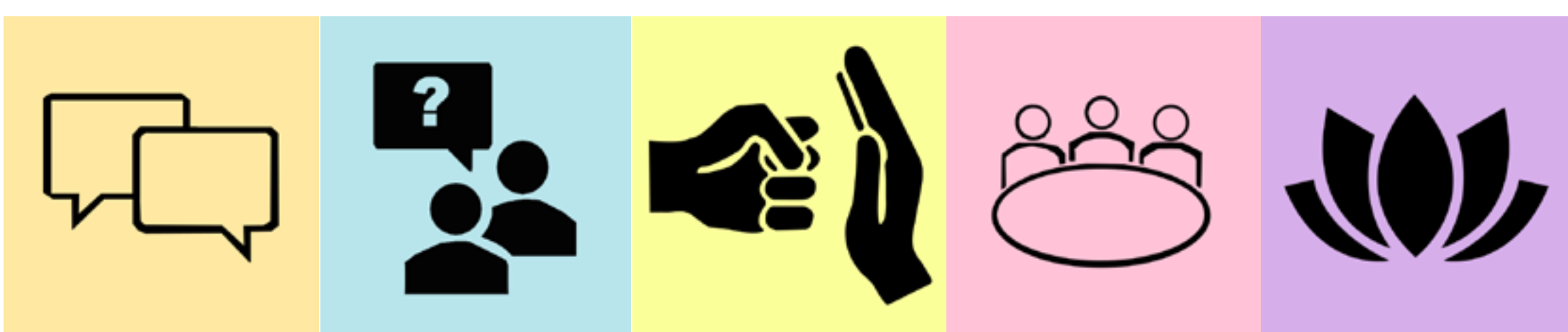
WAYS TO CONTACT :

phone | email | SMS message
Helpline

SAFE SPACE

SUPPORT

Jasmine House is a Leicester based charity working with female survivors of sexual abuse, sexual violence and rape. We provide safe space where women and girls can access free and confidential services following any form of sexual violence either rec ... **READ MORE** ▶



0116 255 5962



07956 024 946



admin@jasminehouse.org.uk



RAPE CRISIS HELPLINE: 0808 500 2222

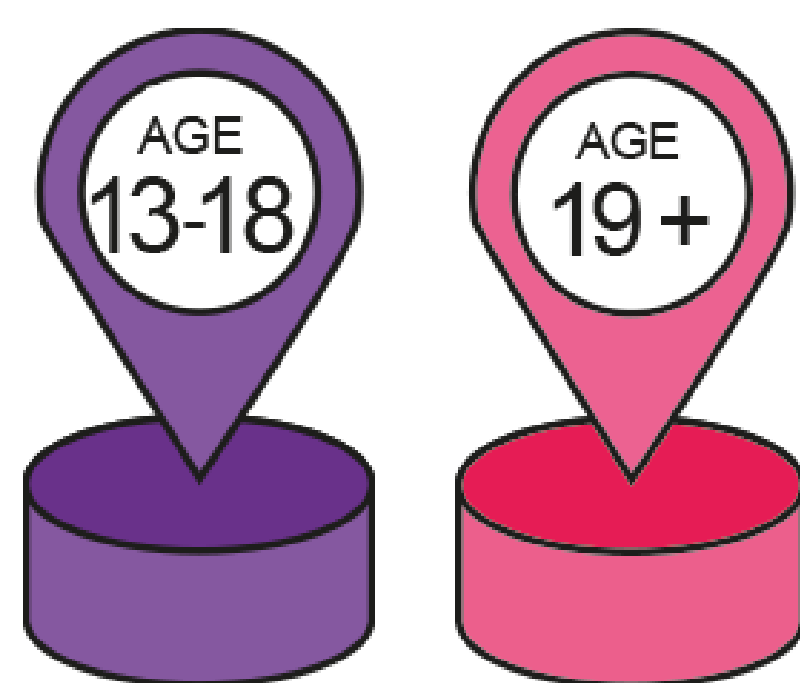


www.jasminehouse.org.uk

joy

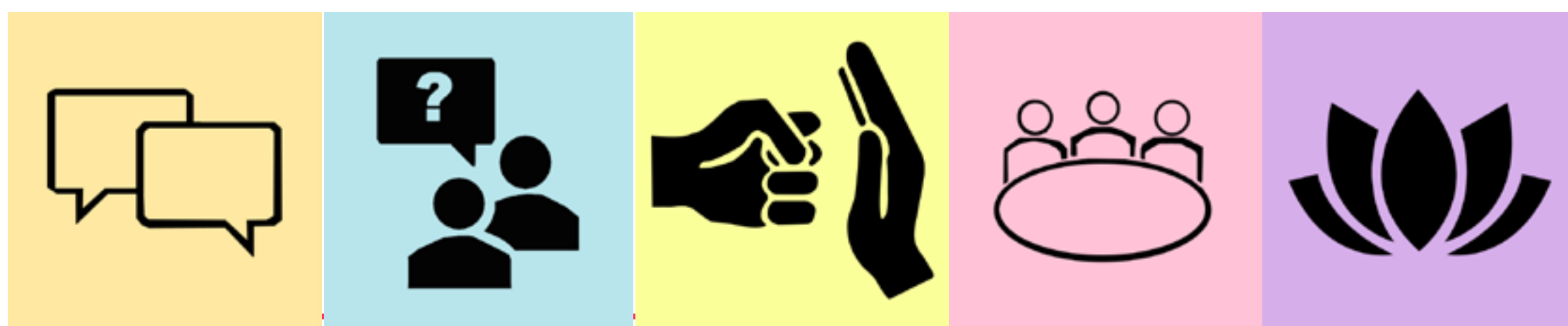
*If you didn't find what you need,
visit the Joy website*





Jasmine House is a Leicester based charity working with female survivors of sexual abuse, sexual violence and rape. We provide safe space where women and girls can access free and confidential services following any form of sexual violence either recently or in the past. We provide emotional and practical support, assisting and signposting to other relevant agencies. Leicester Rape Crisis is run by an all female team. We understand that speaking out and accessing help following sexual violence of any kind isn't easy. We will work with you every step of the way to help you cope, recover and thrive.

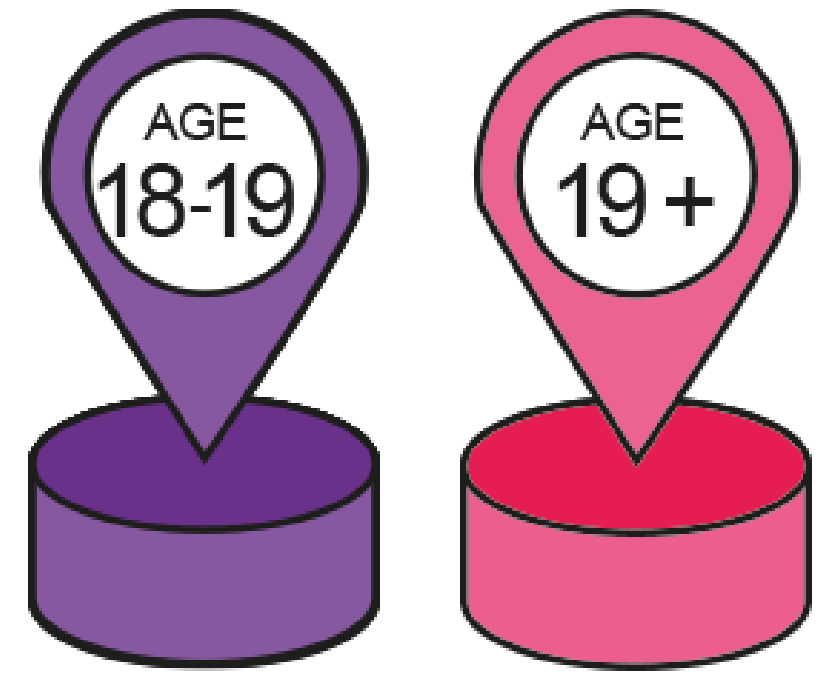
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joy

*If you didn't find what you need,
visit the Joy website*





Sexual Assault Referral Centre

SUPPORT →

WAYS TO CONTACT :
phone | email
by post | in person

REFERRALS →

MEDICAL →

Sexual Assault Referral Centres (SARCs) provide accessible support to victims of rape, sexual assault and/or abuse, including onward referral to other health and social care services. Services provided for those who have experienced recent sexu ... **READ MORE** ▶




 **0116 273 3330**

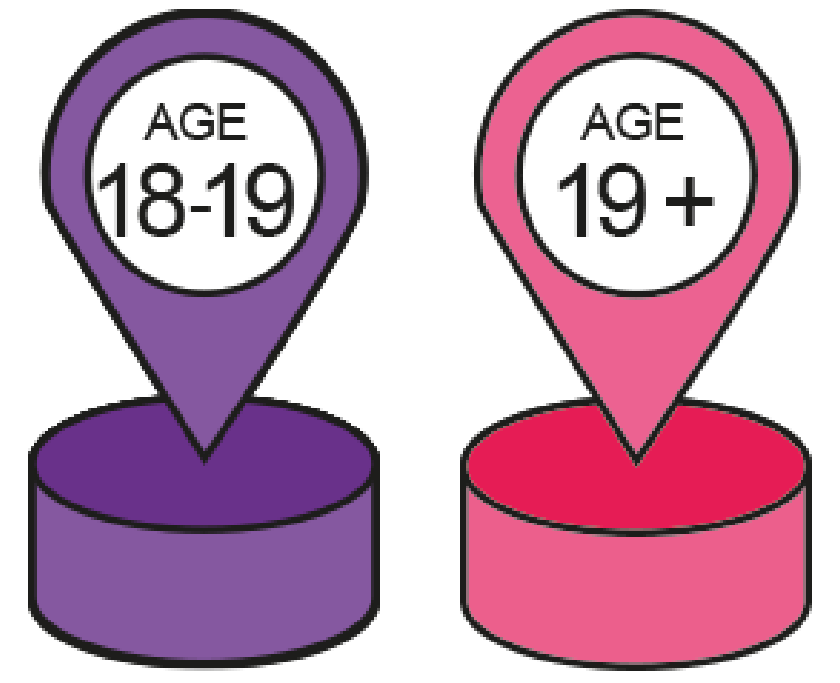
 **Juniper.lodge@leicestershire.pnn.police.uk**

 **71 St St Oswald's Road, New Parks, Leicester LE3 6RJ**

 **www.nhs.uk/services/service-directory/juniper-lodge-leicestershire-and-rutland-sarc/N10969732**

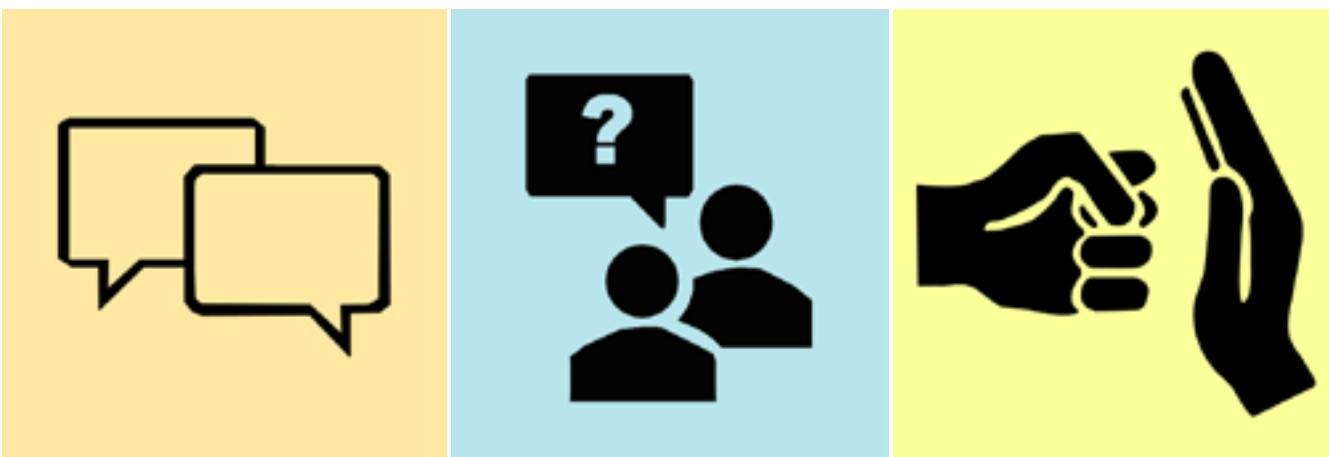
joy If you didn't find what you need, visit the Joy website





Sexual Assault Referral Centres (SARCS) provide accessible support to victims of rape, sexual assault and/or abuse, including onward referral to other health and social care services. Services provided for those who have experienced recent sexual assault include specialist medical and forensic examinations.

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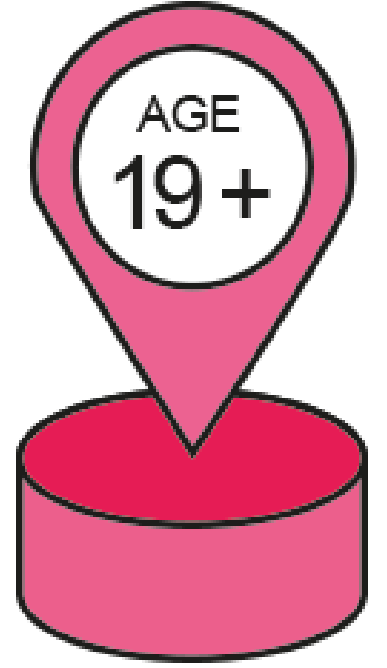


joy

If you didn't find what you need, visit the Joy website



joy



The right support is just a few clicks away

SOCIAL HEALTH

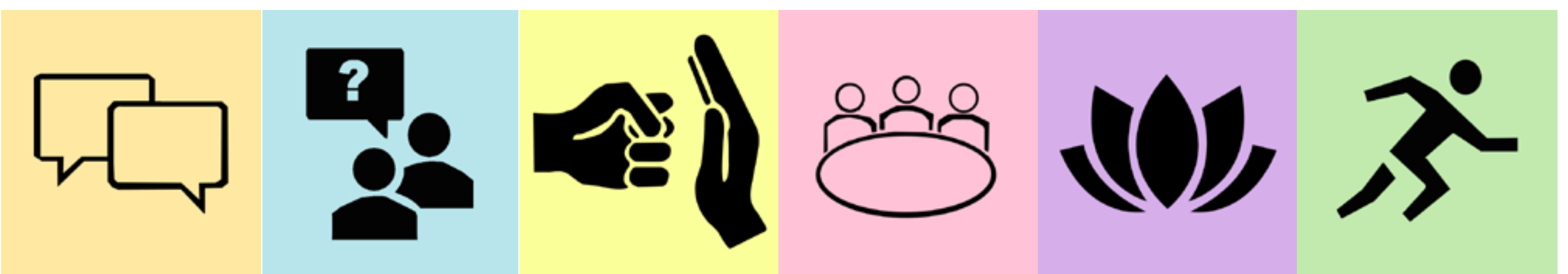
WAYS TO CONTACT :

phone | email | SMS message
by post | web-chat | in person

DIRECTORY

SIGNPOSTING

The Joy social prescribing database, helps you find relevant activities and support close to where you live. Browse through categories and apply filters to find the right service. Joy helps you to find activities, groups and support offers near you. From wa ... [READ MORE](#) ▶



<https://www.leicspart.nhs.uk/mental-health/resources/conditions/joy-social-prescribing>

joy

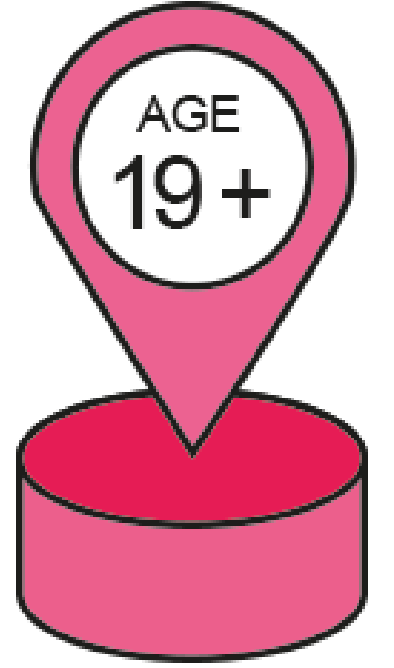
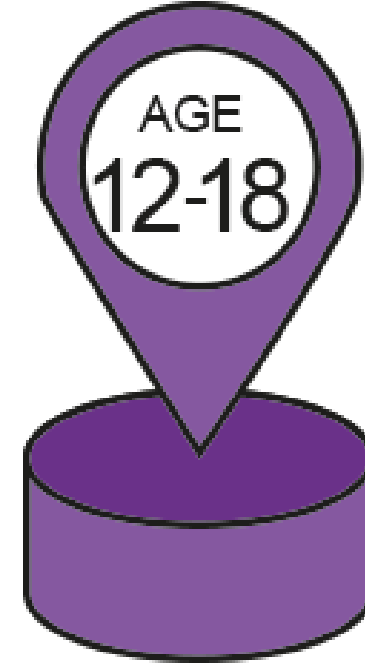
Launch the Joy database

joy

*If you didn't find what you need,
visit the Joy website*

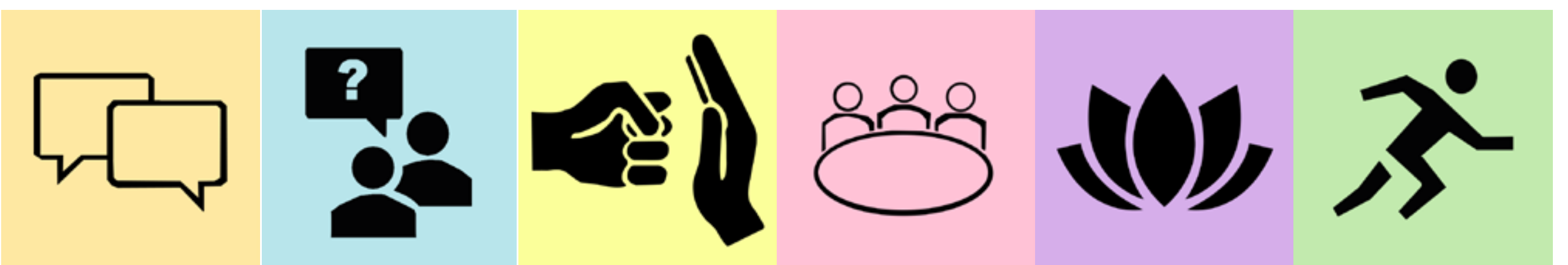


joy



The Joy social prescribing database, helps you find relevant activities and support close to where you live. Browse through categories and apply filters to find the right service. Joy helps you to find activities, groups and support offers near you. From walking groups to debt advice, it's about what matters to you. Joy enables health and social care professionals to link you to local services.

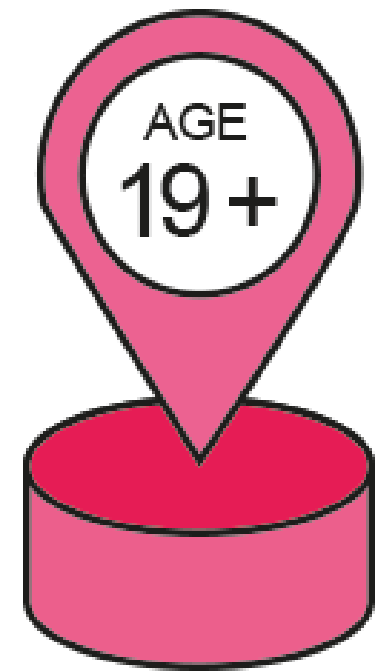
◀ [BACK TO OVERVIEW](#)



joy

*If you didn't find what you need,
visit the Joy website*





Leicestershire Action for
Mental Health Project

ADVOCACY

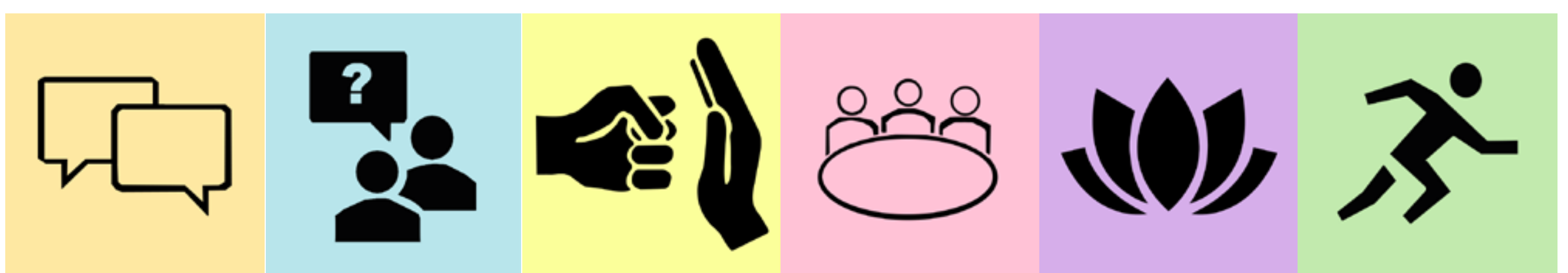
WAYS TO CONTACT :

phone | email | by post
web enquiry

ADVICE

RIGHTS

Lamp (Leicestershire Action for Mental Health Project) provides independent community mental health advocacy to the people of Leicester, Leicestershire and Rutland, including support to families and carers. Our advocates will Listen to the individual... READ MORE ▶



0116 255 6286



advocacy@lampdirect.org.uk



Lamp, Universal House, 1 Merus Court,
Meridian Business Park, Leicester, LE19 1RJ

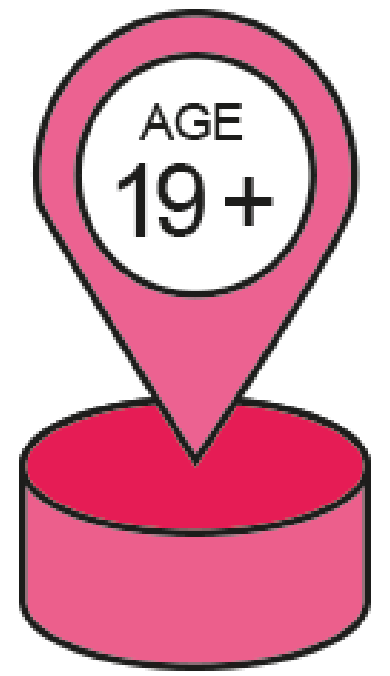


www.lampadvocacy.co.uk

joy

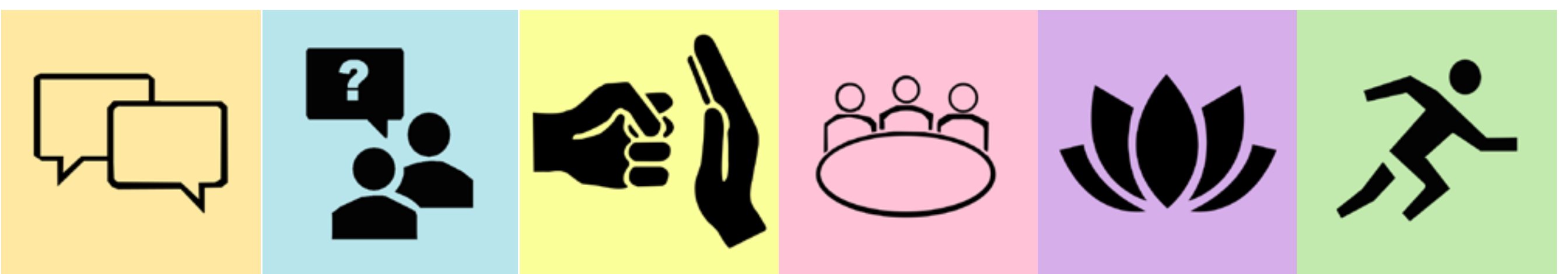
*If you didn't find what you need,
visit the Joy website*





Lamp (Leicestershire Action for Mental Health Project) provides independent community mental health advocacy to the people of Leicester, Leicestershire and Rutland, including support to families and carers. Our advocates will Listen to the individual and understand their wants and needs and explain a person's rights, in relation to their circumstances.

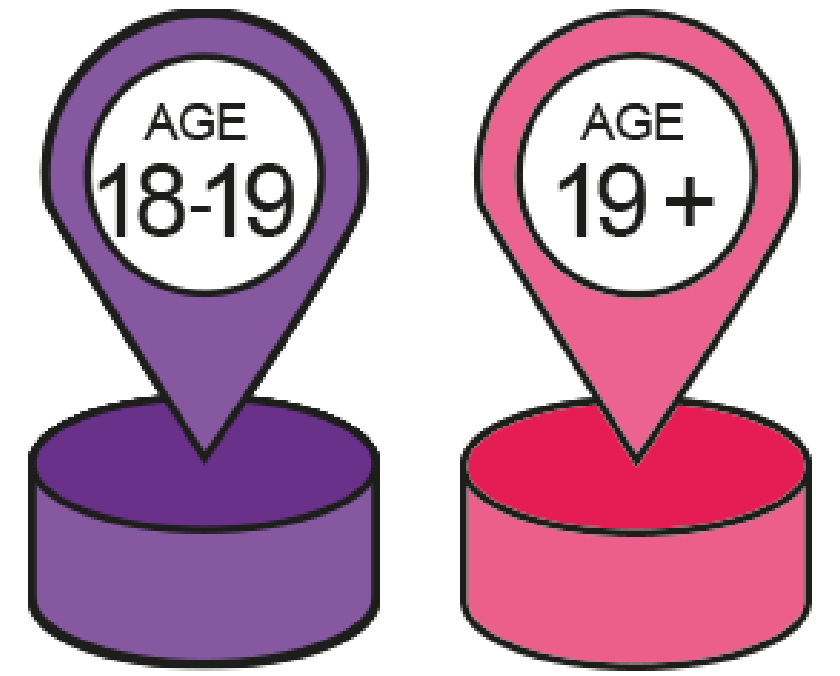
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joy

*If you didn't find what you need,
visit the Joy website*





Tailored wellness and mental health recovery service

ADVICE

WAYS TO CONTACT :

phone | email | by post
digital resources | in person

SUPPORT

SIGNPOSTING

Life Links provides a wellness and mental health recovery service tailored to meet your needs. Our information, advice and navigation services can help you find community and digital resources that will help you to achieve your recovery outcomes, make... [READ MORE](#) ▶



0800 0234575



Leicester.LifeLinks@RichmondFellowship.org.uk



Life Links, 60 Charles Street Leicester, Leicestershire, LE1 1FB

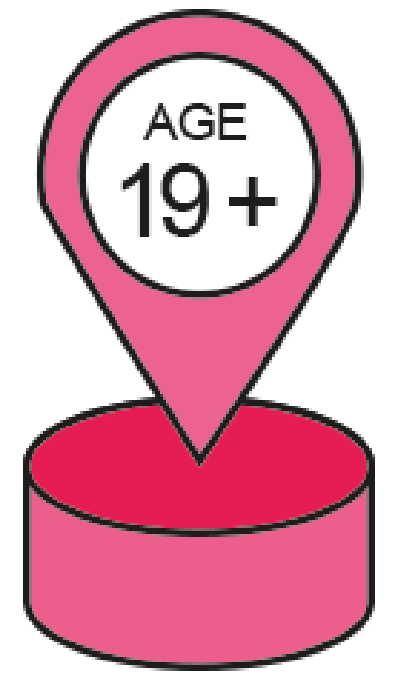
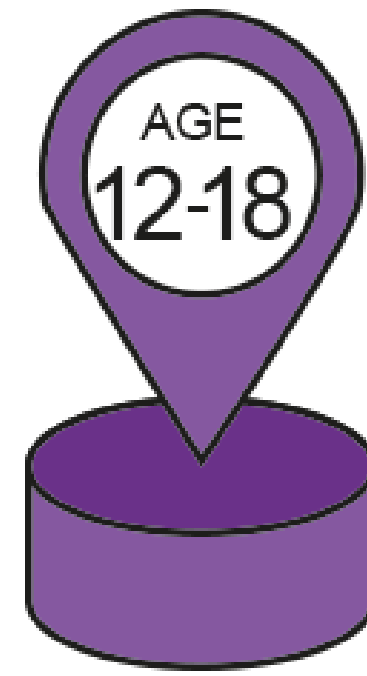


www.rflifelinks.co.uk

joy

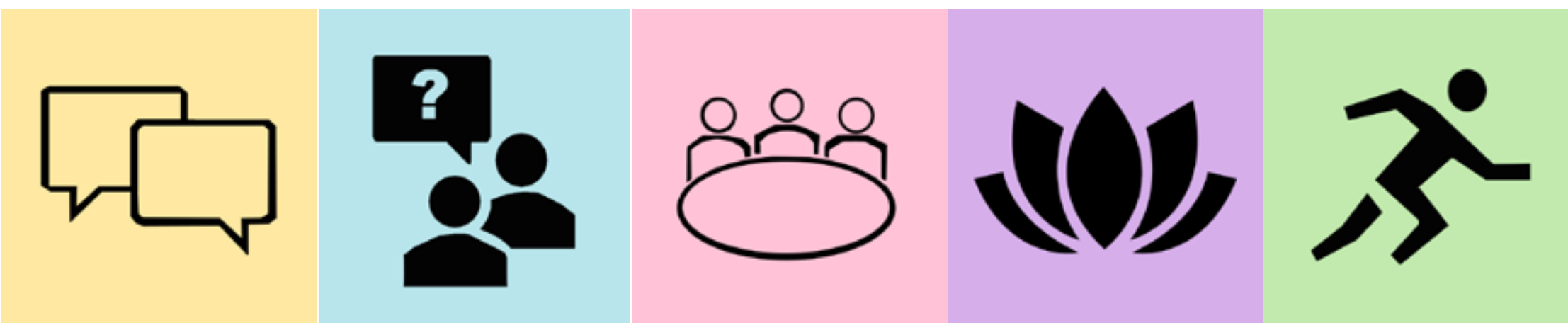
If you didn't find what you need, visit the Joy website





Life Links provides a wellness and mental health recovery service tailored to meet your needs. Our information, advice and navigation services can help you find community and digital resources that will help you to achieve your recovery outcomes, make your independence more sustainable and support you in developing your own support networks.

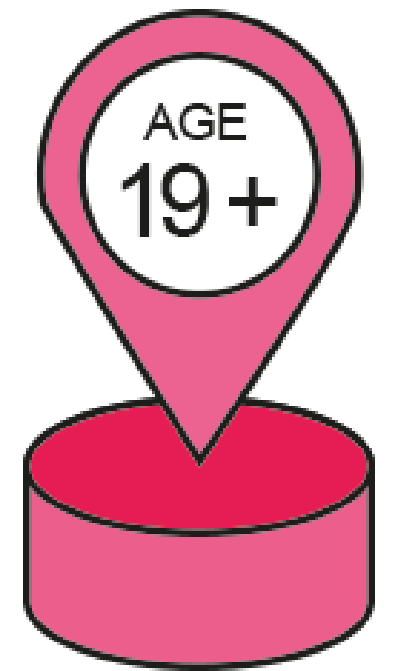
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joy

*If you didn't find what you need,
visit the Joy website*





Prevention of Young Suicide

SUPPORT →

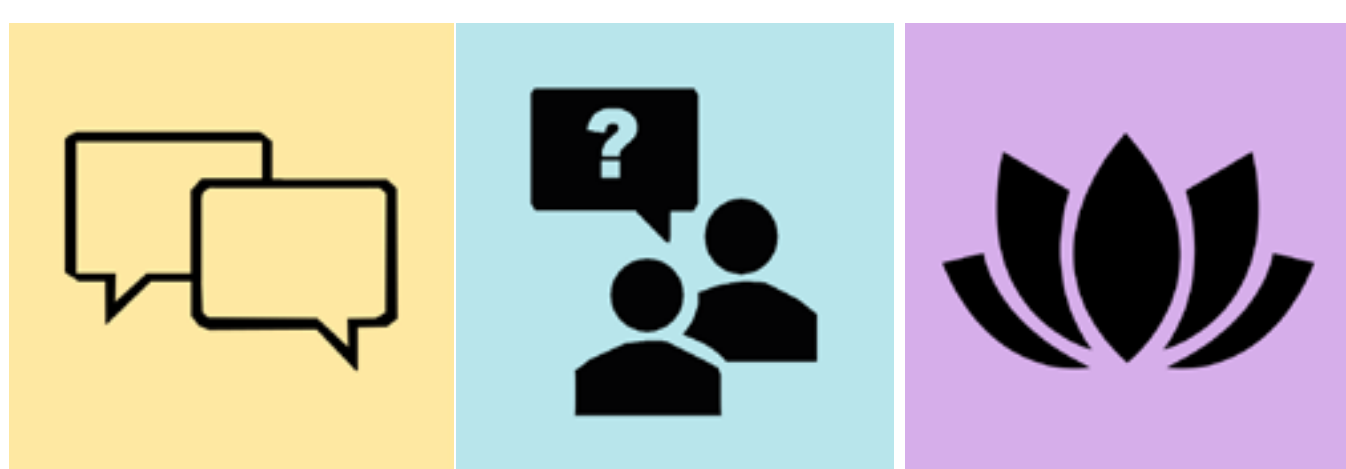
WAYS TO CONTACT :

phone | email | SMS message

SAFE-SPACE →

24hr HELPLINE →

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Our main support service is HOPELINEUK which is a free and confidential suicide p ... [READ MORE](#) ▶



0800 068 4141



07860 039967



pat@papyrus-uk.org



www.papyrus-uk.org

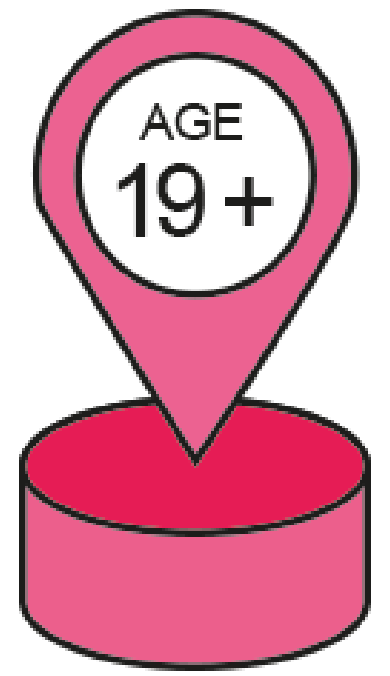
joy

*If you didn't find what you need,
visit the Joy website*



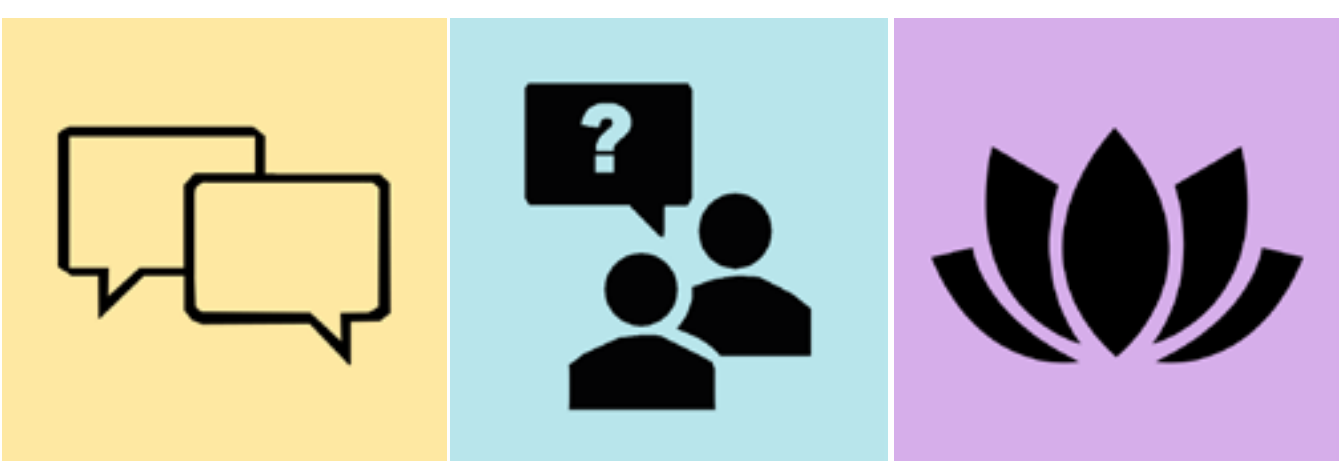


PAPYRUS
PREVENTION OF YOUNG SUICIDE



PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Our main support service is HOPELINEUK which is a free and confidential suicide prevention helpline supporting young people as well as concerned others and professionals. Our trained advisers offer you a safe and non-judgmental space to talk through your experiences of suicide, get help on staying safe for now and guidance. helpline open 24 Hours, 7 days a week (Weekends and Bank Holidays included)

◀ [BACK TO OVERVIEW](#)



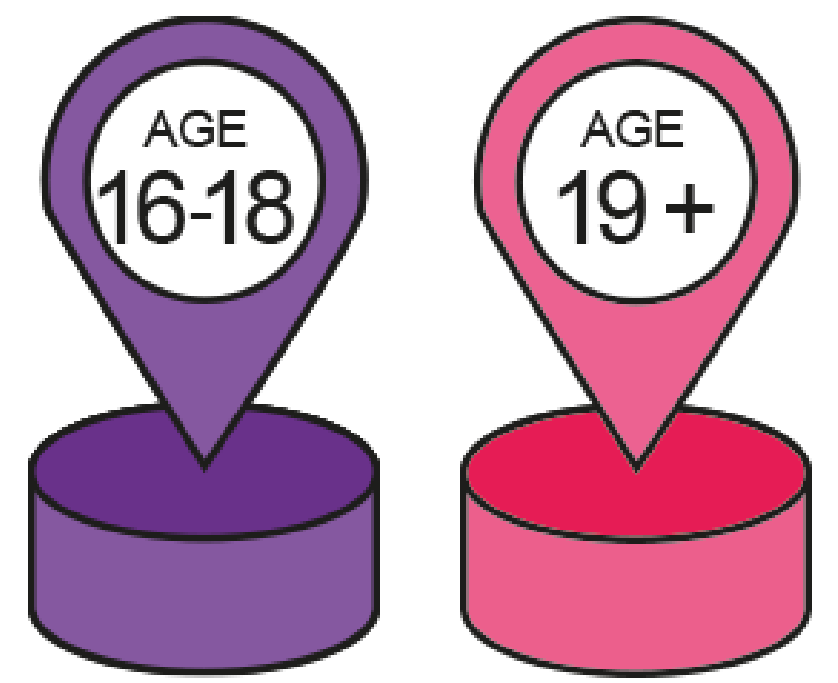
joy

*If you didn't find what you need,
visit the Joy website*





Preparing for adulthood



Advice and support for young adults with additional needs

RESOURCES →

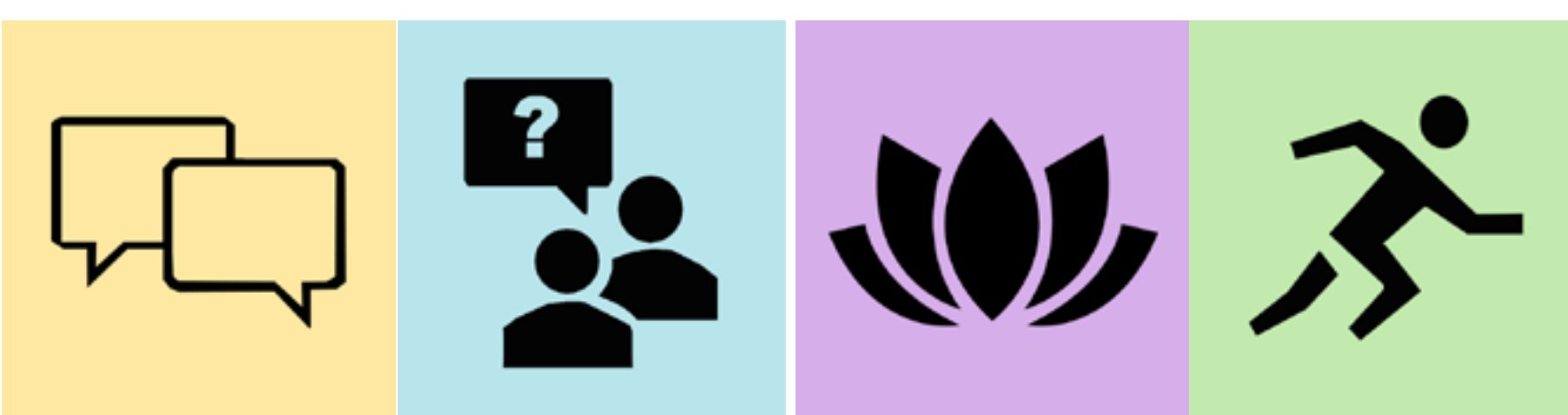
WAYS TO CONTACT :

email | by post | online resource

ADVICE →

SUPPORT →

The Preparing for Adulthood local authority team work with young people who are leaving school, usually between 16 and 18, and have a physical and/or learning disability. Becoming an adult has many challenges. We offer advice and support on a range of ... [READ MORE](#) ▶



ldservice@leicester.gov.uk



**Transition Team, Learning Disability Service,
City Hall, 115 Charles Street Leicester LE1 1FZ**



**[www.leicester.gov.uk/health-and-social-care/
adult-social-care/what-support-do-you-need/
preparing-for-adulthood](http://www.leicester.gov.uk/health-and-social-care/adult-social-care/what-support-do-you-need/preparing-for-adulthood)**

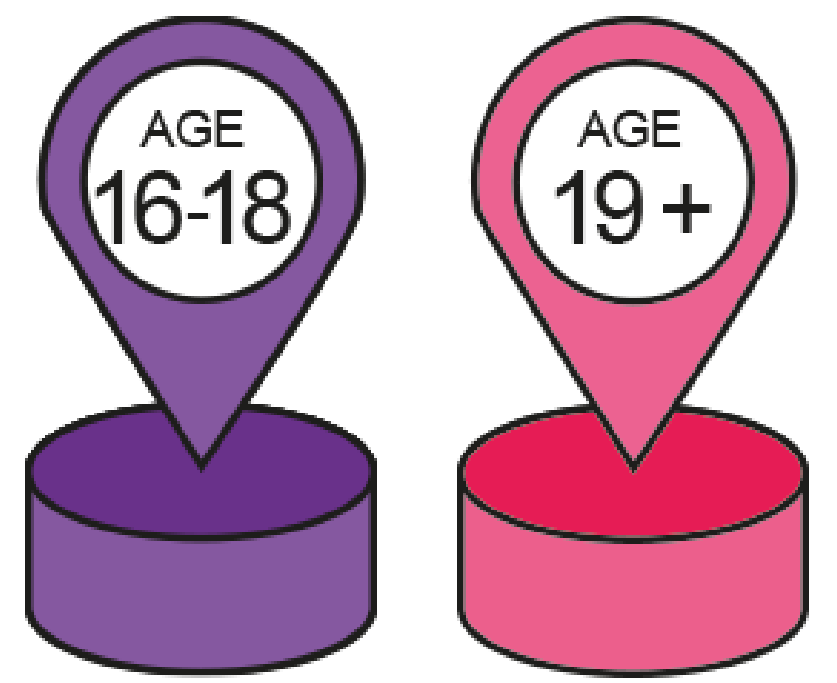
joy

*If you didn't find what you need,
visit the Joy website*





Preparing for adulthood



The Preparing for Adulthood local authority team work with young people who are leaving school, usually between 16 and 18, and have a physical and/or learning disability. Becoming an adult has many challenges. We offer advice and support on a range of topics to help with this. View the Transition to Adulthood information guide web-pdf.

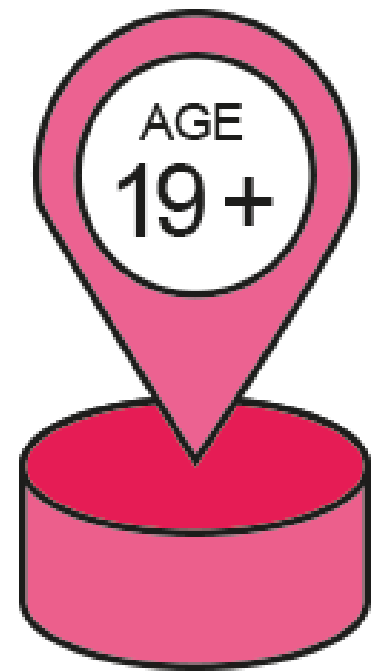
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*If you didn't find what you need,
visit the Joy website*





Whatever you're going through,
a Samaritan will face it with you.

HELPLINE

WAYS TO CONTACT :

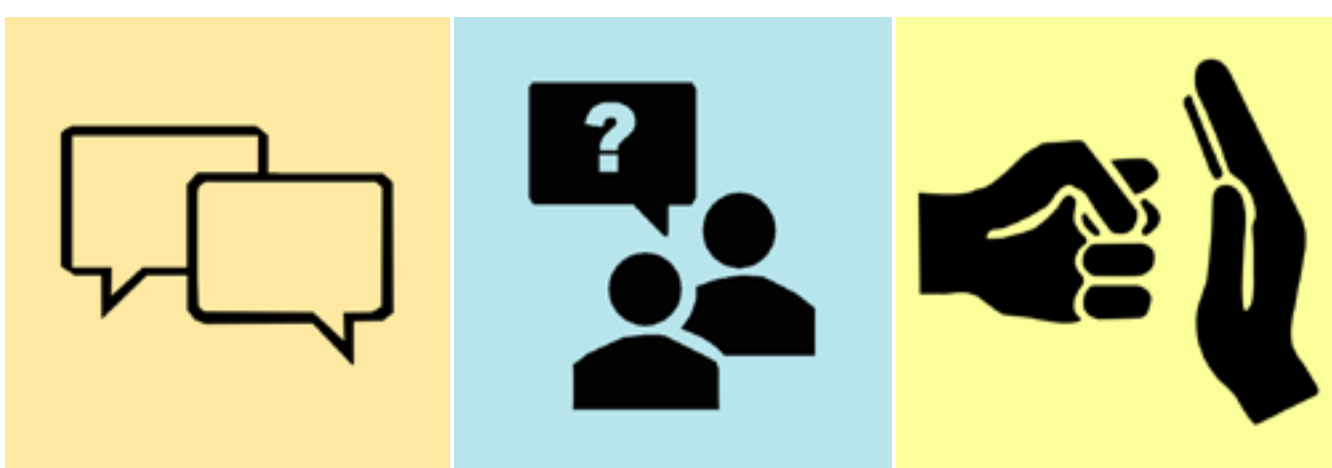
phone | email | by post

SUPPORT

CONVERSATION

Emotional support and listening
service by helpline and email
service for those who are suicidal.

- Listening service
- Schools outreach
- Face to Face
- Prisons outreach



116 123 (free call)



0330 094 5717



jo@samaritans.org



**Freepost SAMARITANS LETTERS 1a Elmfield
Avenue, Leicester LE2 1RB (no stamp required)**

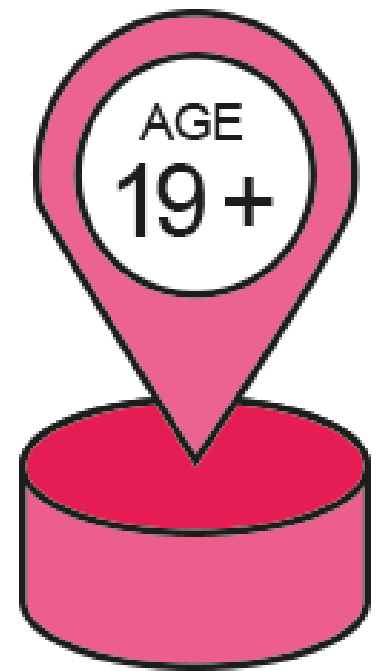


www.samaritans.org/branches/leicester

joy

*If you didn't find what you need,
visit the Joy website*





Support for people struggling with thoughts of suicide

FIND HELP →

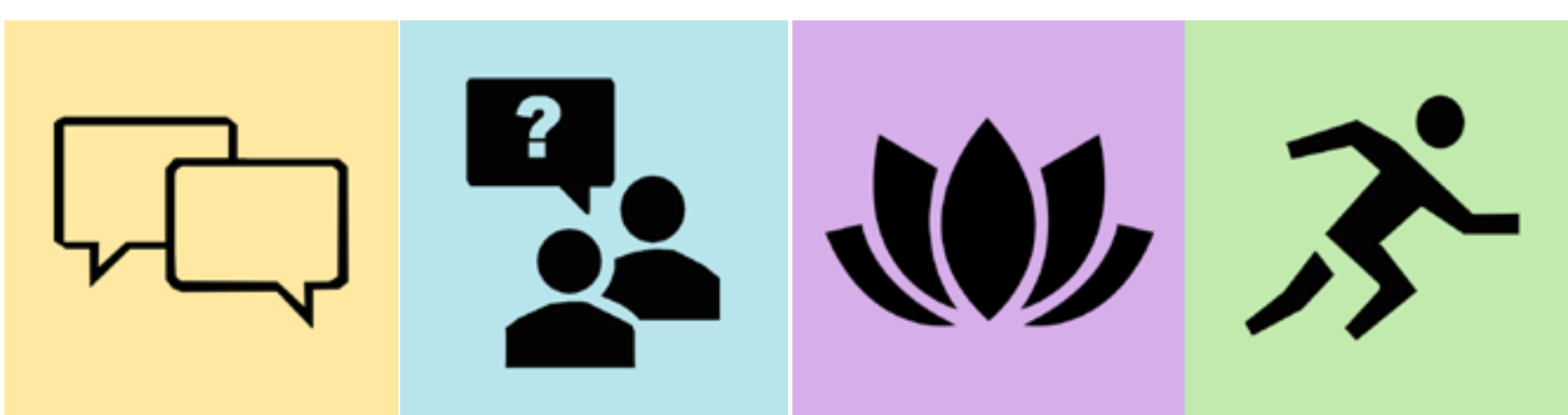
WAYS TO CONTACT :

RESOURCES →

Online and downloadable resources

AWARENESS →

Start a Conversation provide support to people who may be struggling with their mental health or thoughts of suicide. This online resource has links and information about multiple agencies and support services across Leicester city and Leicestershire. S ... [READ MORE](#) ▶

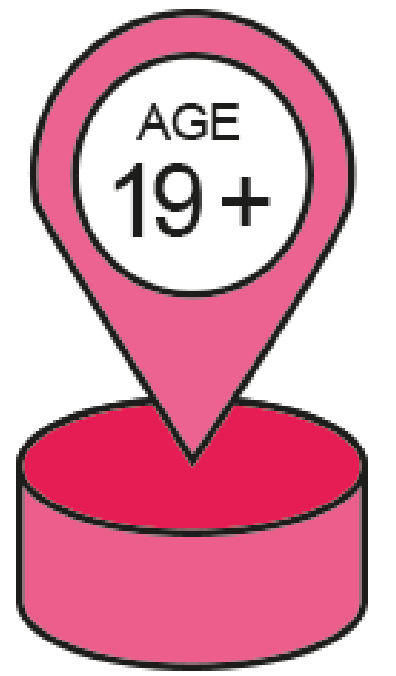


www.startaconversation.co.uk

joy

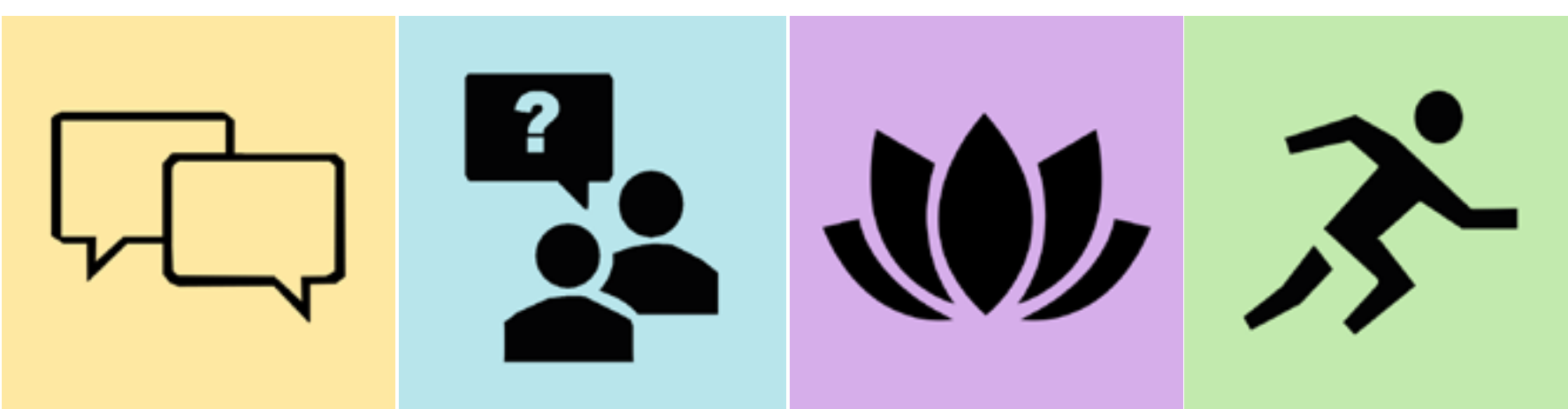
If you didn't find what you need, visit the Joy website





Start a Conversation provide support to people who may be struggling with their mental health or thoughts of suicide. This online resource has links and information about multiple agencies and support services across Leicester city and Leicestershire. Start a Conversation is committed to building a community that supports the mental health and wellbeing of people across Leicester, Leicestershire, and Rutland. A non-judging environment where care and support are available to those in distress or those bereaved or affected by suicide.

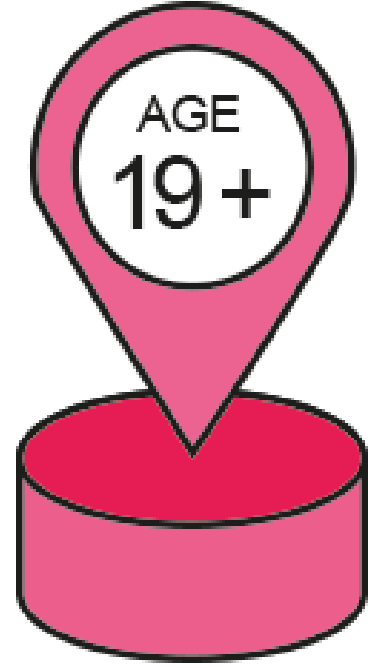
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Quick and discreet access to general health information

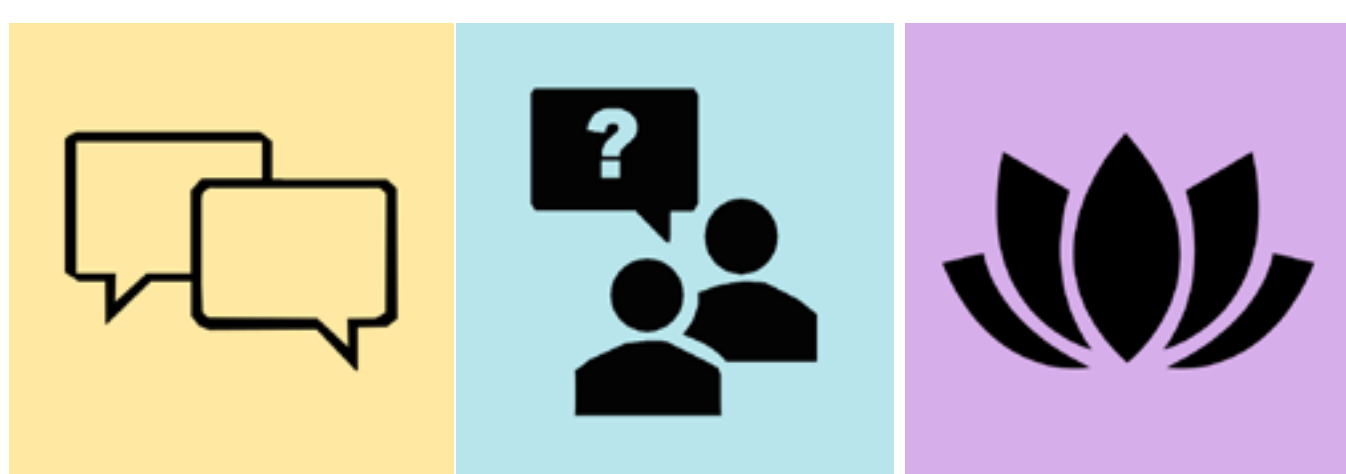
SELF-HELP →

WAYS TO CONTACT :
App download

RESOURCES →

SIGNPOSTING →

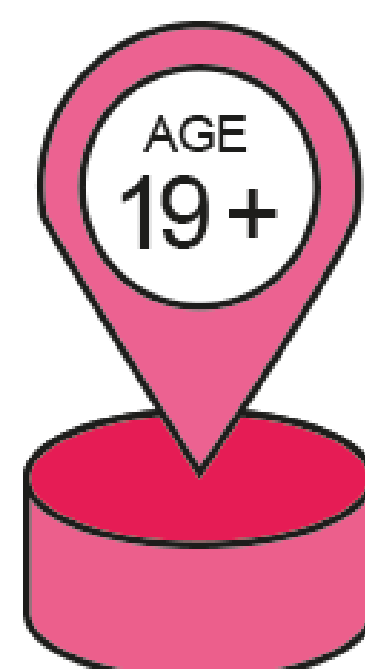
The distrACT app provides easy, quick and discreet access to general health information, self-help tips and links to support and trusted resources for those who self-harm or feel suicidal - and those supporting them. The app offers total privacy and ca... [READ MORE](#) ▶



Android download

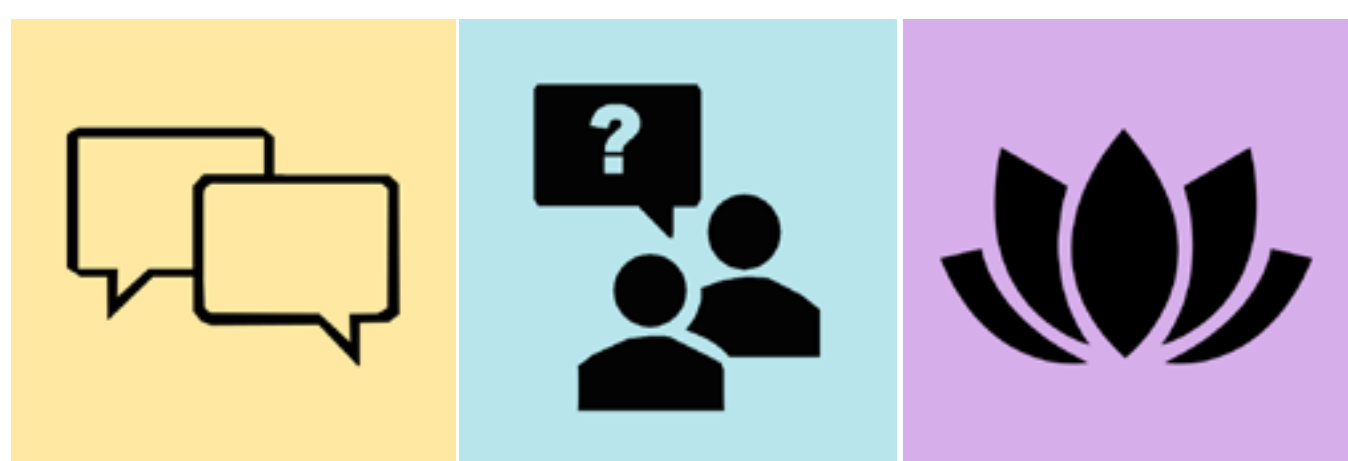
iOS download

joy If you didn't find what you need, visit the Joy website



The distrACT app provides easy, quick and discreet access to general health information, self-help tips and links to support and trusted resources for those who self-harm or feel suicidal - and those supporting them. App offers total privacy and can be used offline. Discover self-help techniques and safer alternatives to self-harms. Explore the 'chill-zone' with links to resources that can make you feel better, such as films, books and online videos. Know what to do in a crisis or emergency. No sign-up is required, and the app does not collect any personal data.

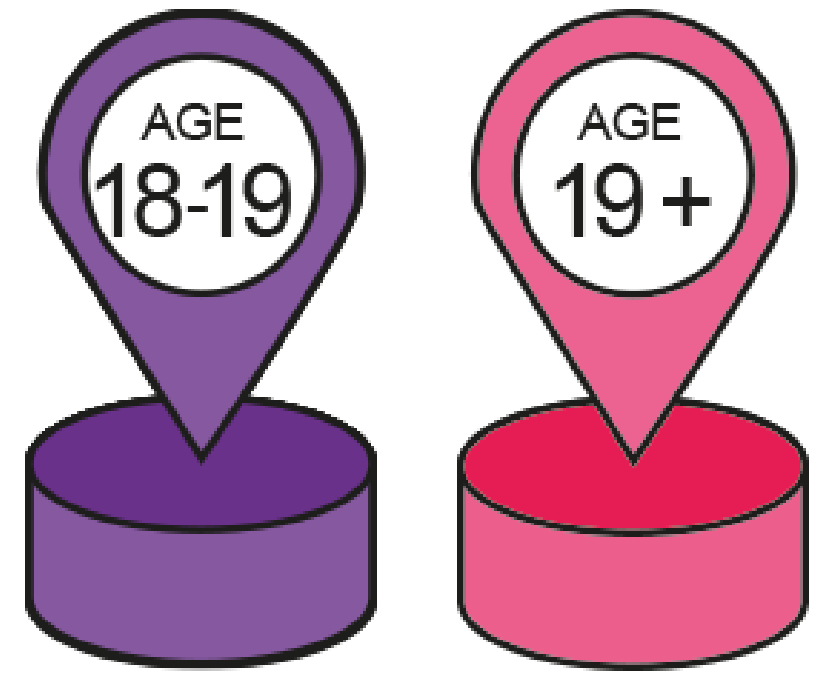
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visit the Joy website*





Men's mental health support forum

SUPPORT

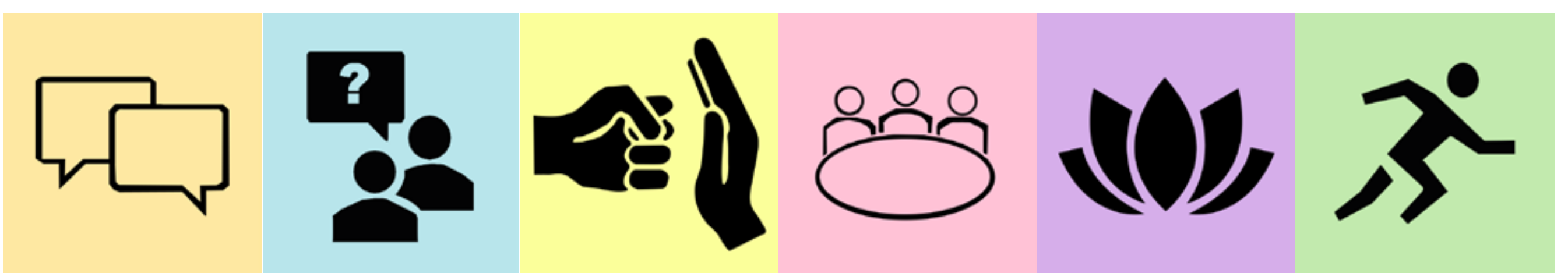
WAYS TO CONTACT :

online leaflet

"MenTalk"

GROUPS

Based in Leicestershire, Mensoar is providing a platform and opportunity for men to meet and chat to like-minded people about their mental health. We're here to support you on this journey. The Mensoar programme provides a digital peer support platfo ... READ MORE ▶

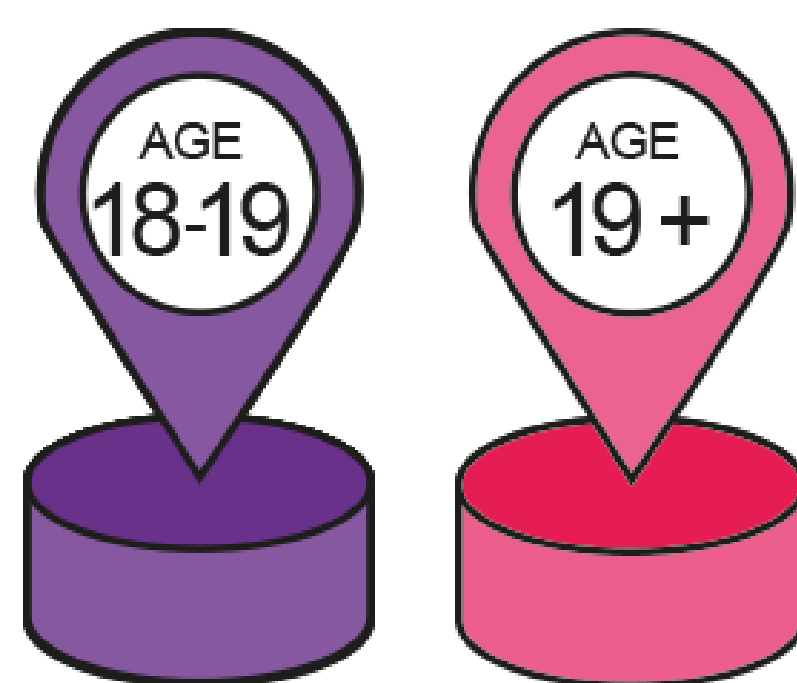


<https://firstcontactplus.org.uk/wp-content/uploads/filebase/Mensoar-Leaflet-1.pdf>

joy

If you didn't find what you need, visit the Joy website





Based in Leicestershire, Mensoar is providing a platform and opportunity for men to meet and chat to like-minded people about their mental health. We're here to support you on this journey. The Mensoar programme provides a digital peer support platform for men (aged 18+) living in Leicestershire & Rutland (not currently available to Leicester City residents). The service provides a wellbeing hub, bi-monthly webinars (ManTalk) and online, localised weekly peer-support groups for men.

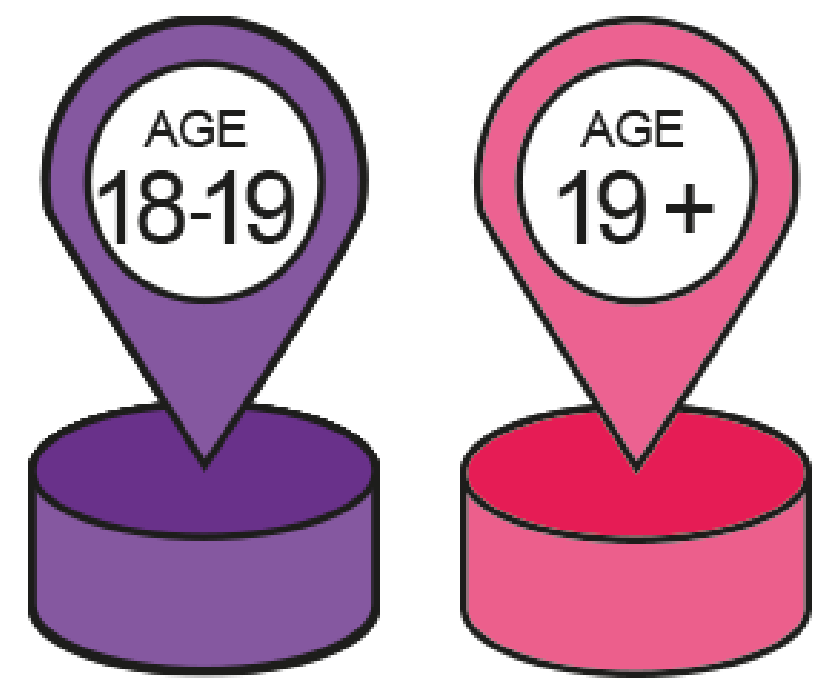
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Quick and discreet access to general health information

24hr HELPLINE

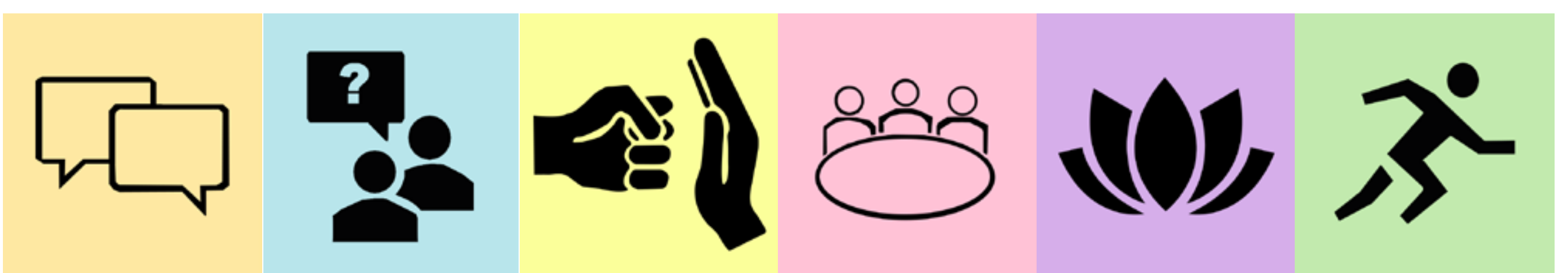
WAYS TO CONTACT :

SUPPORT

App download

CRISIS HOUSE

Leicester, Leicestershire and Rutland Crisis House offers support to people aged 18 and above who are experiencing a mental health crisis. Support is provided in a variety of ways including: short term stay in the crisis house, a 24/7 telep ... READ MORE ▶



0116 210 4510



Leicestershire.Helpline@turning-point.co.uk

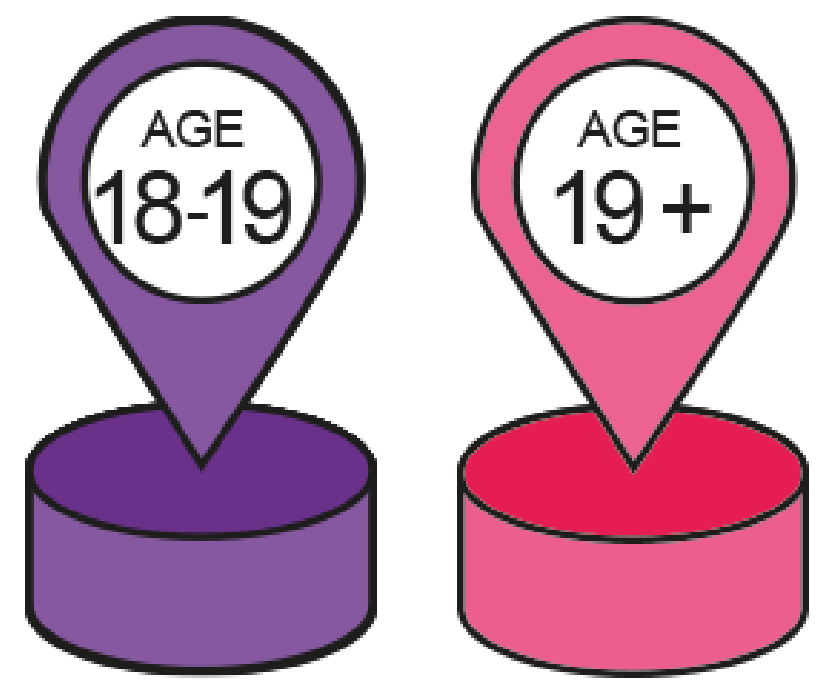


www.stayalive.app/find-help-now/resources-by-area/england/leicestershire

joy

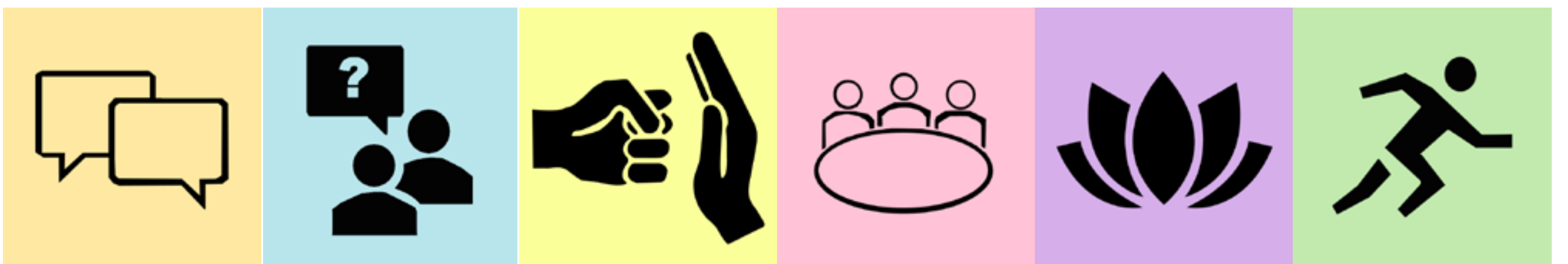
If you didn't find what you need, visit the Joy website





Leicester, Leicestershire and Rutland Crisis House offers support to people aged 18 and above who are experiencing a mental health crisis. Support is provided in a variety of ways including: short term stay in the crisis house, a 24/7 telephone helpline, community sessions for drop-in or one to one support.

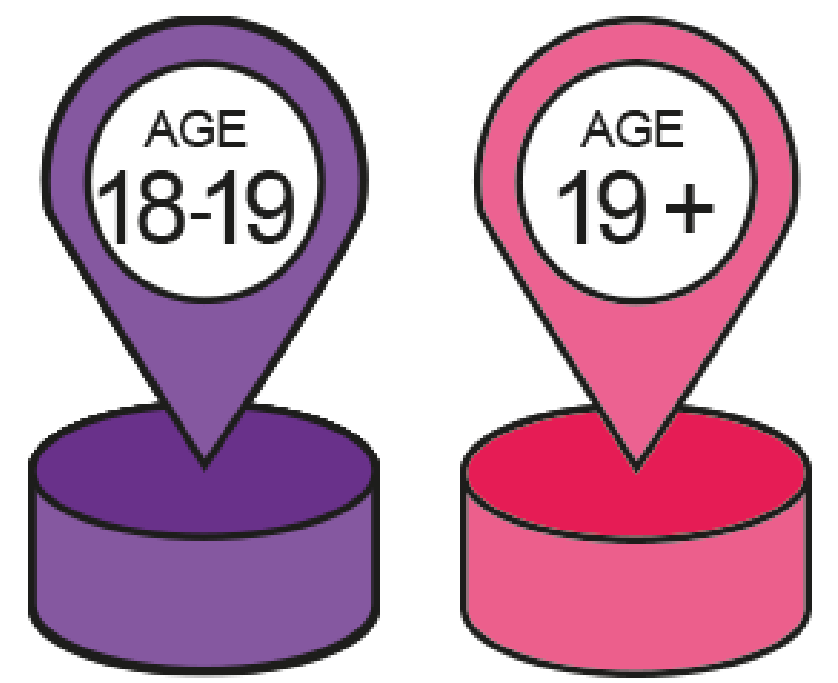
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*If you didn't find what you need,
visit the Joy website*





Support for men experiencing, or at risk from domestic abuse

CONFIDENTIAL →

WAYS TO CONTACT :

phone | email
by post | in person

SUPPORT →

ADVICE →

The Adam project offers free, confidential advice and support for men experiencing, or at risk from domestic abuse. Any male aged 18 years or over living in Leicestershire, who is experiencing, or is at risk of, domestic abuse can acc ... READ MORE ▶



07912 495 159



Adam.project@wallaction.org.uk

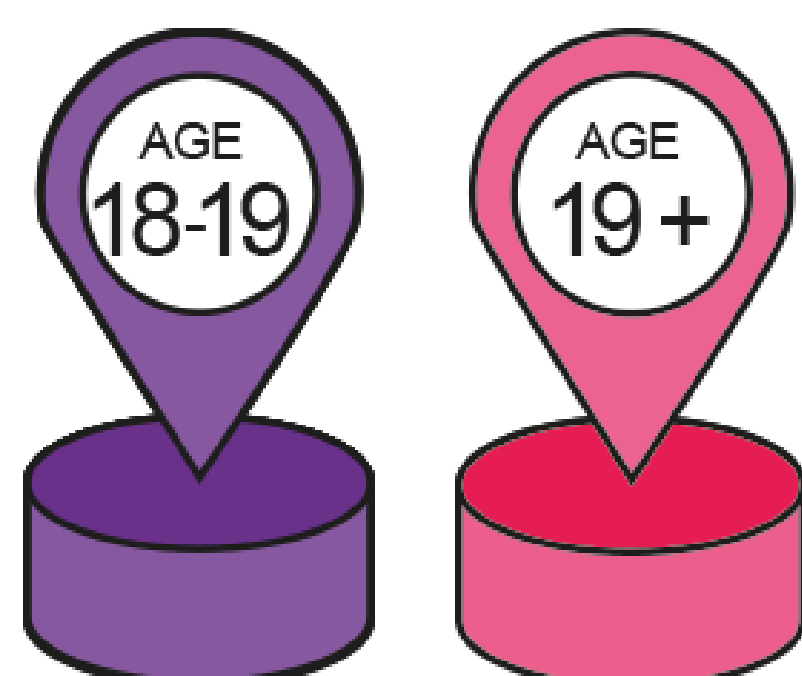


www.adam-project.org.uk

joy

*If you didn't find what you need,
visit the Joy website*





The Adam project offers free, confidential advice and support for men experiencing, or at risk from domestic abuse. Any male aged 18 years or over living in Leicestershire, who is experiencing, or is at risk of, domestic abuse can access support from the ADAM Project.

◀ [BACK TO OVERVIEW](#)



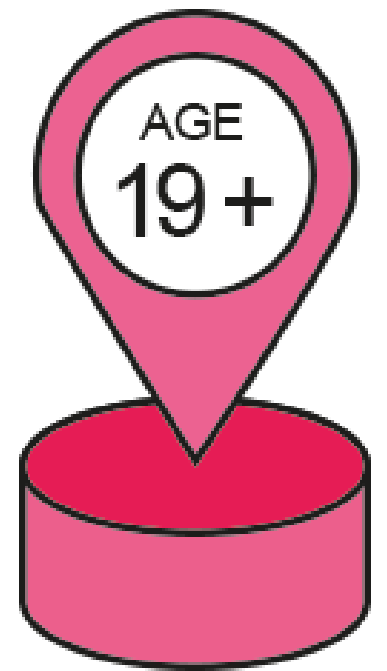
joy

*If you didn't find what you need,
visit the Joy website*





For when a child dies or is bereaved



Therapeutic bereavement
counselling

COUNSELING

WAYS TO CONTACT :

phone | email
by post | in person

SUPPORT

PLAY THERAPY

Bereavement Support For Adults, Families & Young People. The Laura Centre is one of only a very few places in Great Britain that specialises in counselling children and young people who have lost a parent or other significant person in their lives. The Laura C... [READ MORE](#)



0116 254 4341



info@thelauracentre.org.uk



4-6 Tower Street, Leicester LE1 6WS



www.thelauracentre.org.uk

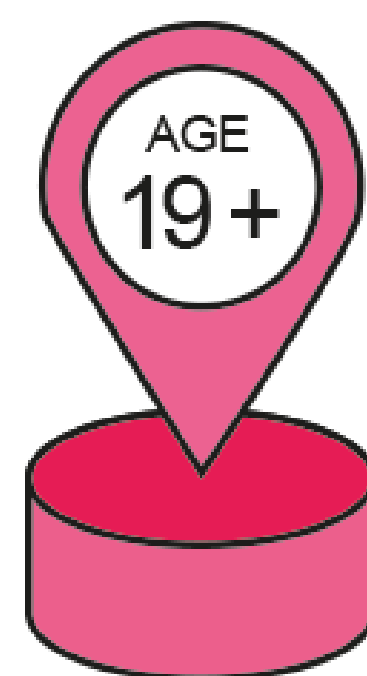
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*If you didn't find what you need,
visit the Joy website*



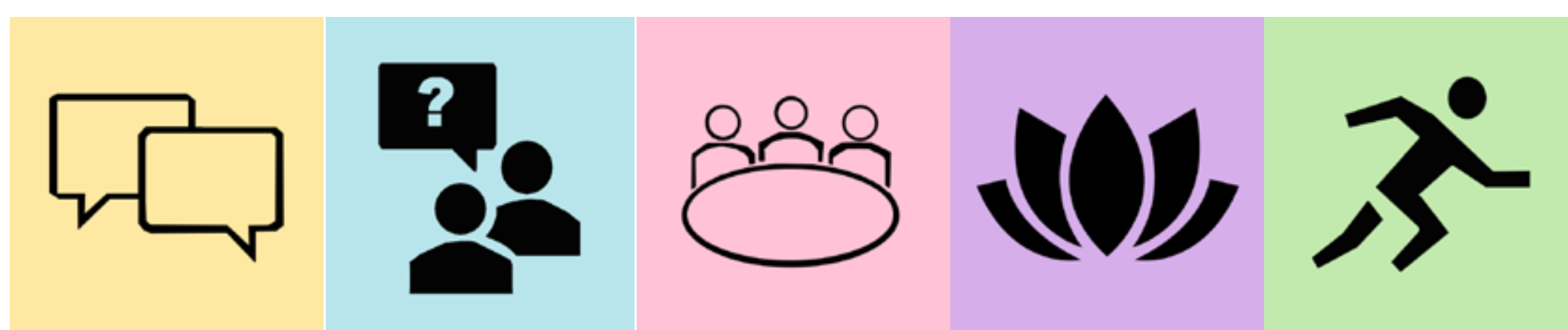


For when a child dies or is bereaved



Bereavement Support For Adults, Families & Young People. The Laura Centre is one of only a very few places in Great Britain that specialises in counselling children and young people who have lost a parent or other significant person in their lives. The Laura Centre helps to provide a confidential space where bereaved families can explore their grief and find a way to move forward in their life.

◀ [BACK TO OVERVIEW](#)

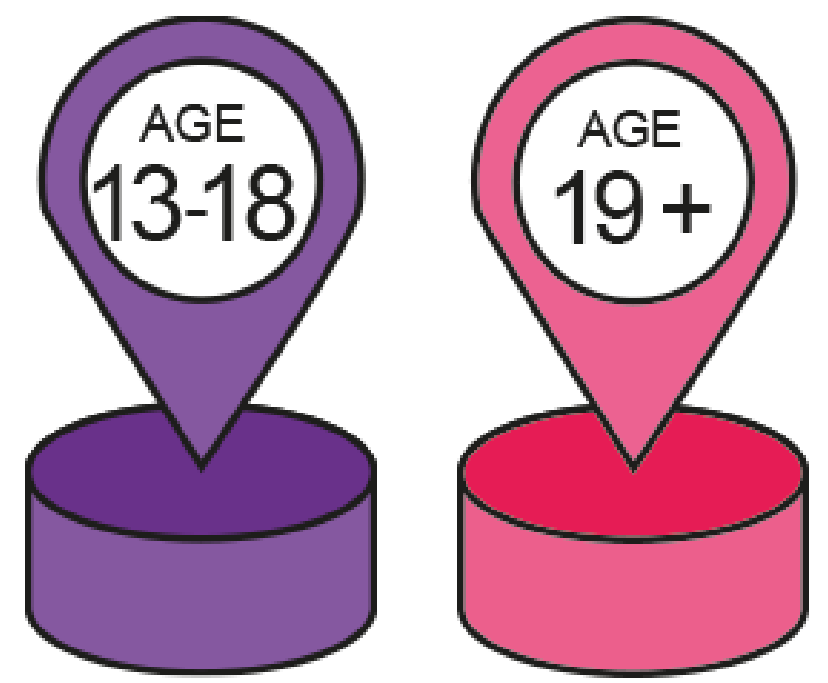


joy

*If you didn't find what you need,
visit the Joy website*



the CENTRE
 LESBIAN GAY BI & TRANS



Information and support
for LGBT people

SUPPORT

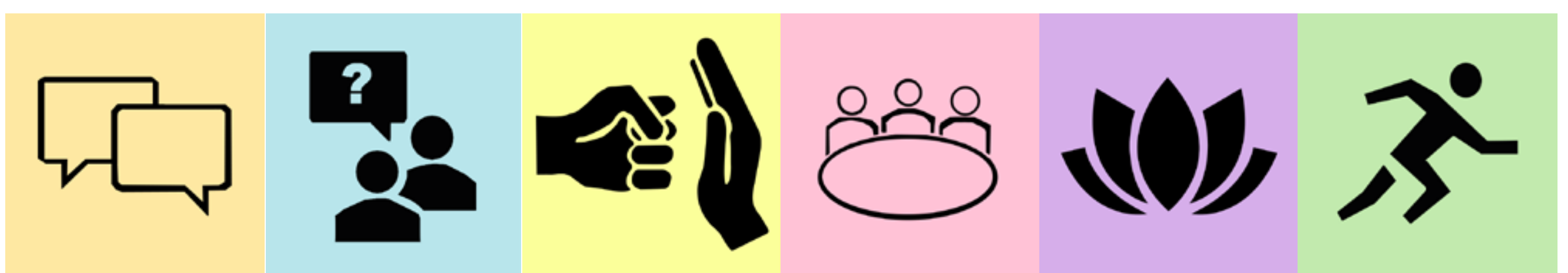
WAYS TO CONTACT :

phone | email
by post | in person

ACTIVITIES

COUNSELING

Leicester Lesbian Gay Bisexual and Transgender Centre provides information in a range of formats on a wide range of subjects that affect LGBT people's lives, including signposting and referrals to other agencies. Leicester Lesbian Gay Bisexual an ... [READ MORE](#) ▶



0116 254 7412



info@leicesterlgbtcentre.org



LGBT Centre, Floor 2, VAL, 9 Newarke Street, Leicester LE1 5SN

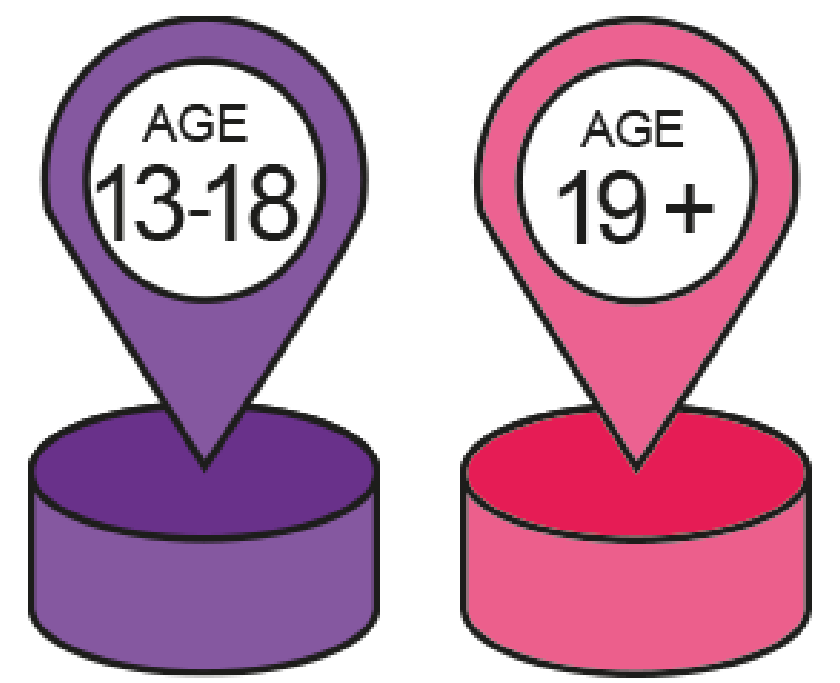


www.leicesterlgbtcentre.org

joy

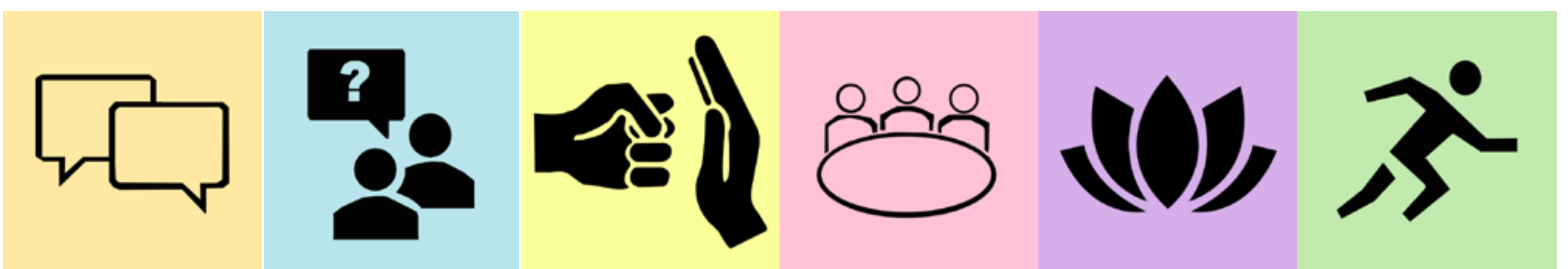
*If you didn't find what you need,
visit the Joy website*





Leicester Lesbian Gay Bisexual and Transgender Centre provides information in a range of formats on a wide range of subjects that affect LGBT people's lives, including signposting and referrals to other agencies. Leicester Lesbian Gay Bisexual and Transgender Centre is a voluntary organisation established to support lesbian, gay, bisexual and transgender people in Leicester, Leicestershire and Rutland.

[◀ BACK TO OVERVIEW](#)

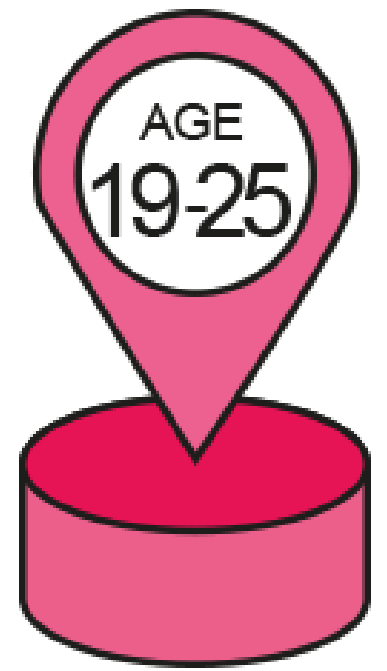


joy

*If you didn't find what you need,
visit the Joy website*



THE MIX



Online support service for young people

HELPLINE →

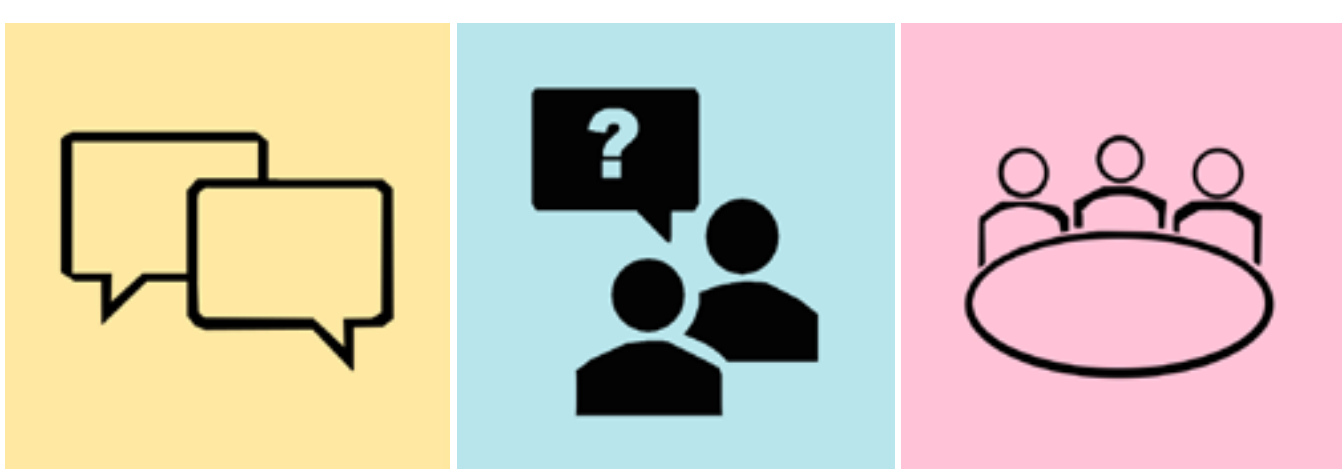
WAYS TO CONTACT :

email | SMS message
web-chat | online discussion

CONFIDENTIAL →

DISCUSSION →

The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile. The Mix web-based support service for young people is here to help you take on any challenge you're facing. From mental health ... [READ MORE](#) ▶



Crisis messenger: text THEMIX to 85258



www.themix.org.uk/get-support/speak-to-our-team/email-us



www.themix.org.uk

joy

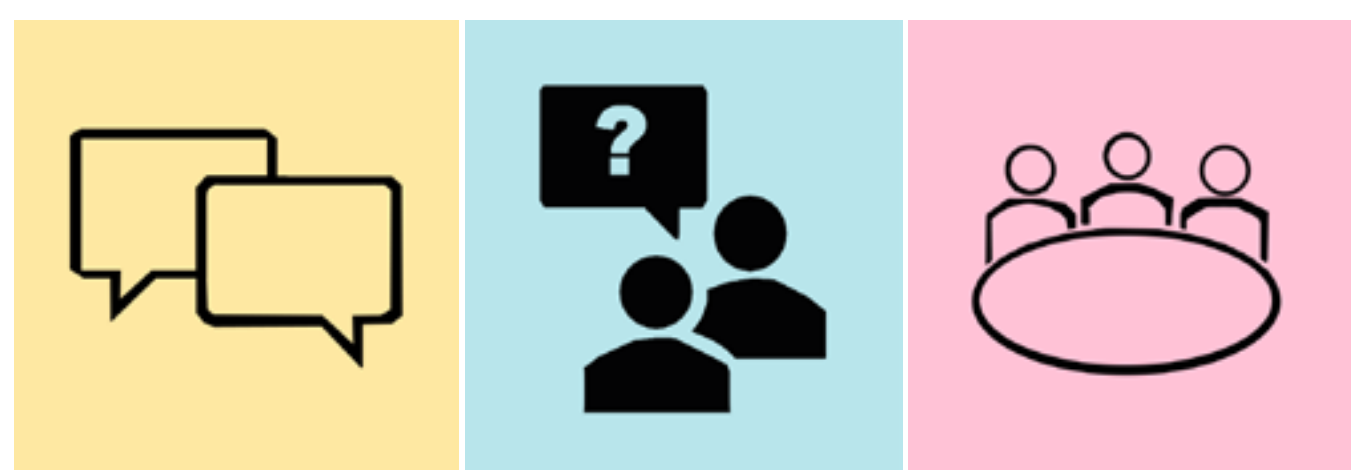
*If you didn't find what you need,
visit the Joy website*





The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile. The Mix web-based support service for young people is here to help you take on any challenge you're facing. From mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service

◀ [BACK TO OVERVIEW](#)



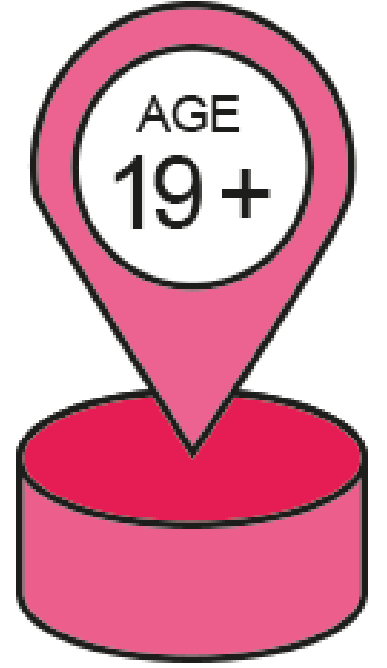
joy

*If you didn't find what you need,
visit the Joy website*



THE TOMORROW PROJECT

WORKING TOWARDS A BRIGHTER FUTURE



Support for people bereaved or affected by a death by suicide

1-2-1 SUPPORT →

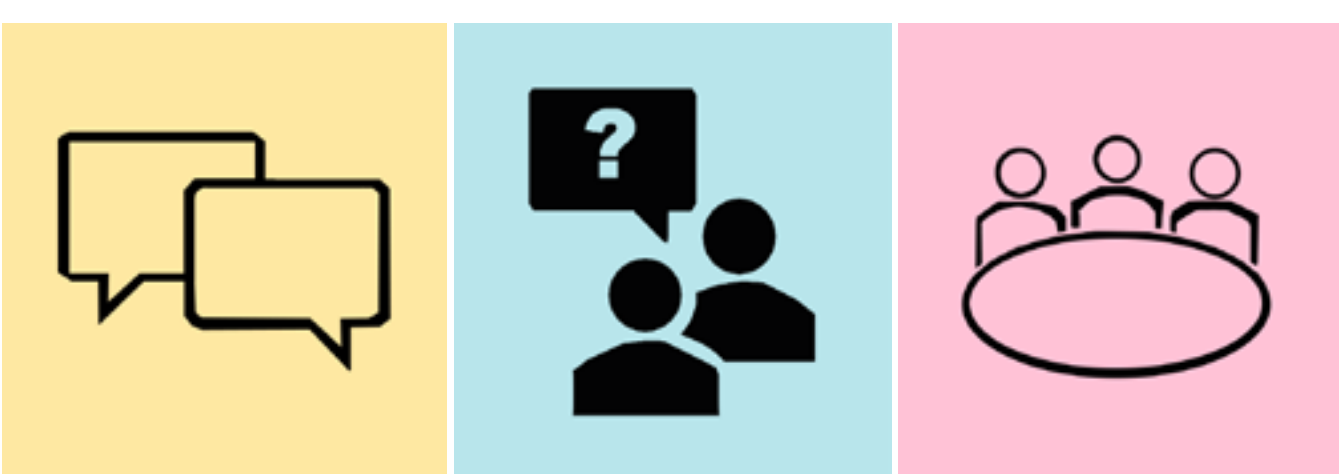
WAYS TO CONTACT :

phone | email
by post | in person

CONFIDENTIAL →

COUNSELING →

The Tomorrow Project was set up to support anyone bereaved or affected by a death by suicide. The Tomorrow Project offers one-to-one, confidential, face-to-face support for anybody from Leicester, Leicestershire and Rutland who has been affected or bere ... [READ MORE](#) ▶



0115 880 0280



bereavement.leics@tomorrowproject.org.uk



Voluntary Action Leicestershire 9, Newarke Street, Leicester, LE1 5SN



www.tomorrowproject.org.uk

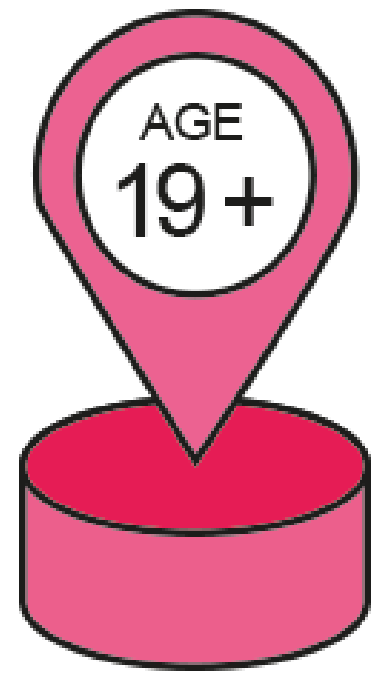
joy

If you didn't find what you need, visit the Joy website



THE TOMORROW PROJECT

WORKING TOWARDS A BRIGHTER FUTURE



The Tomorrow Project was set up to support anyone bereaved or affected by a death by suicide. The Tomorrow Project offers one-to-one, confidential, face-to-face support for anybody from Leicester, Leicestershire and Rutland who has been affected or bereaved by suicide. There is no age restriction to access this service.

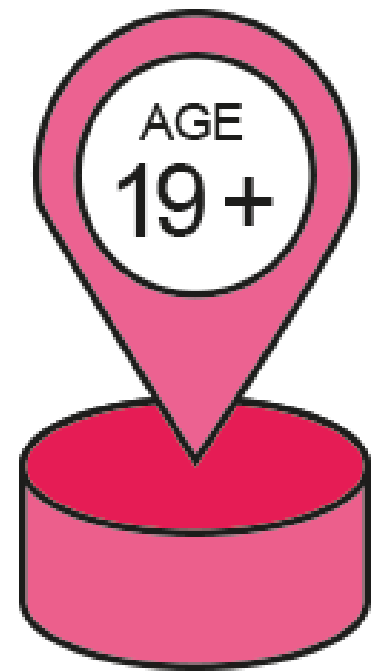
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joy

*If you didn't find what you need,
visit the Joy website*





When you can't tell anyone else.
Tellmi.

ANONYMOUS →

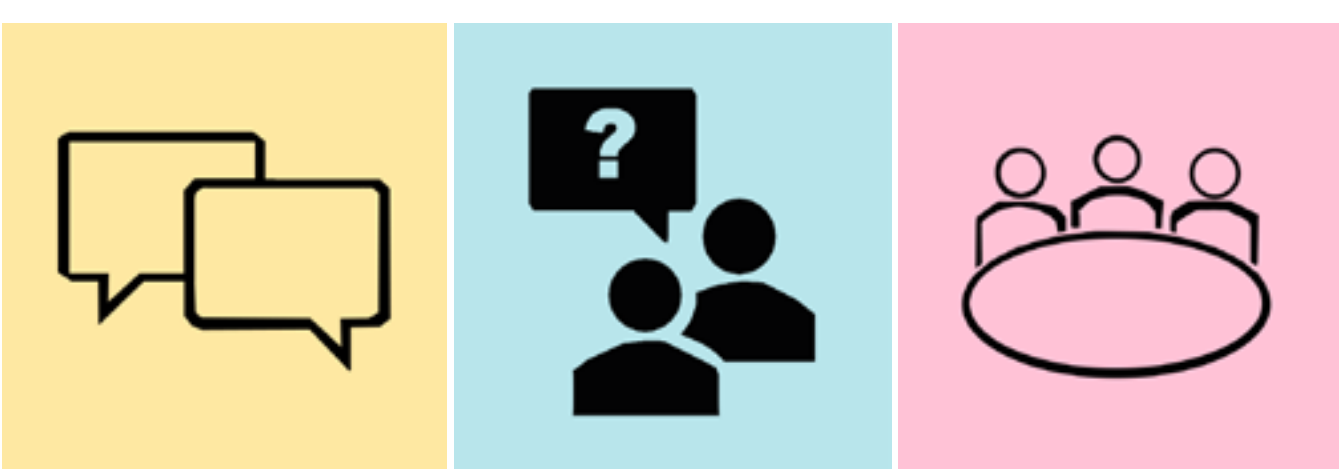
WAYS TO CONTACT :

app based support network
anonymous | chat 1-2-1 | directory

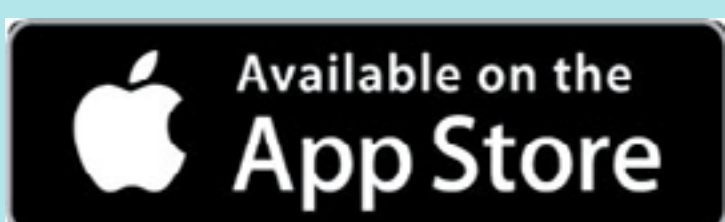
PEER SUPPORT →

SIGNPOSTING →

Tellmi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, self-harm to self-esteem, sharing your experiences with our awesome community helps. Tellmi is a safe, inclusive digital ... [READ MORE](#) ▶



Android download

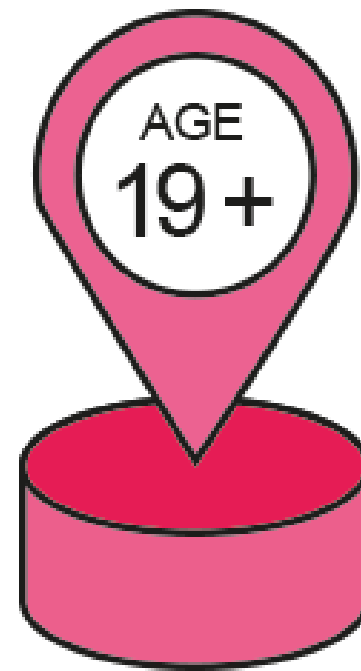


iOS download

joy

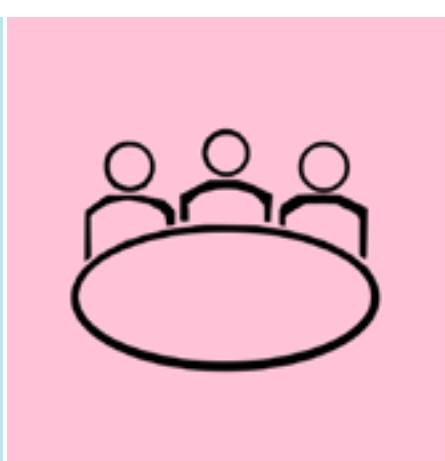
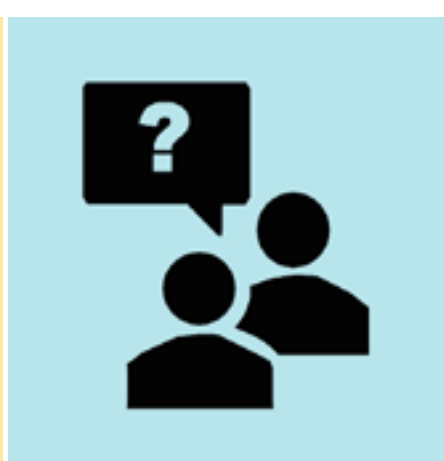
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visit the Joy website*





Tellmi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, self-harm to self-esteem, sharing your experiences with our awesome community helps. Tellmi is a safe, inclusive digital community where young people can get help and help each other. Pre-moderated, anonymous peer support, counsellor intervention for young people in crisis, Scheduled 1-2-1 Solution Focused Therapy, and a directory of 600+ crisis specialists, local and national. Available all day, every day. No referrals. No waiting.

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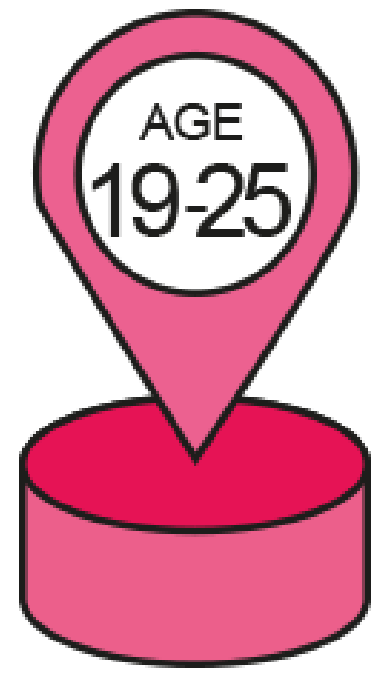
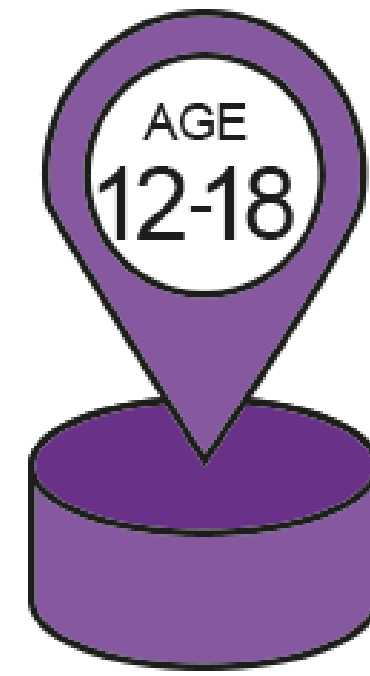
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**TURNING
POINT**

inspired by possibility

CELEBRATING 60 YEARS



Support for young people
affected by substance use

SUPPORT

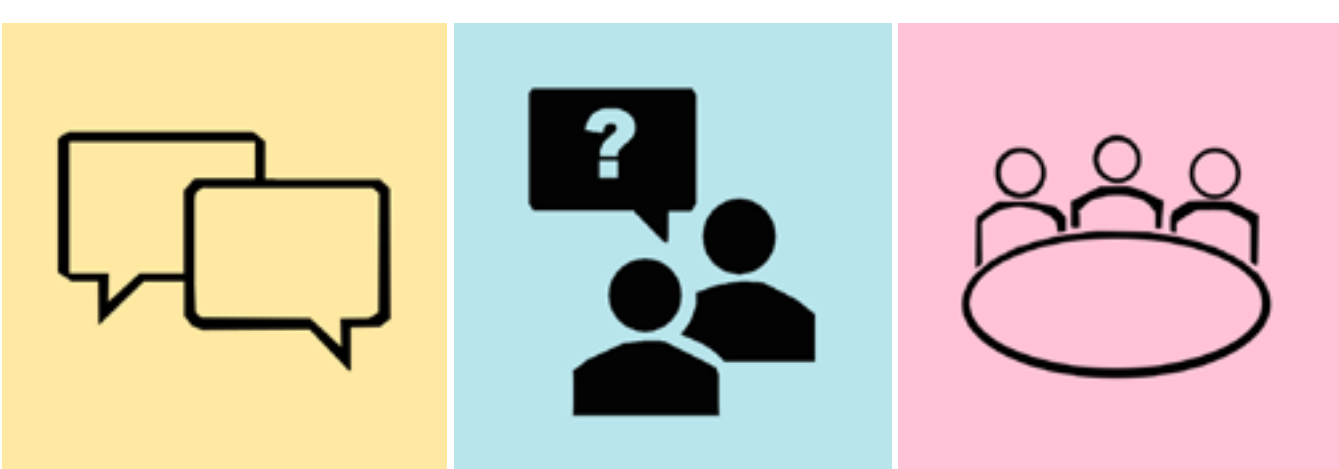
WAYS TO CONTACT :

phone | email
by post | in person

ADDICTION

PERSONAL

Support for when drugs or alcohol negatively impact your life, your health, or people you care about, Turning Point's dedicated Young People's team works with all under 18s and those aged up to 25 where required. Support services can be delivered wherever ... **READ MORE** ▶



0330 303 6000



LLreferrals@turning-point.co.uk



38 Friar Lane, Leicester LE1 5RA



www.turning-point.co.uk/services/leicester

joy

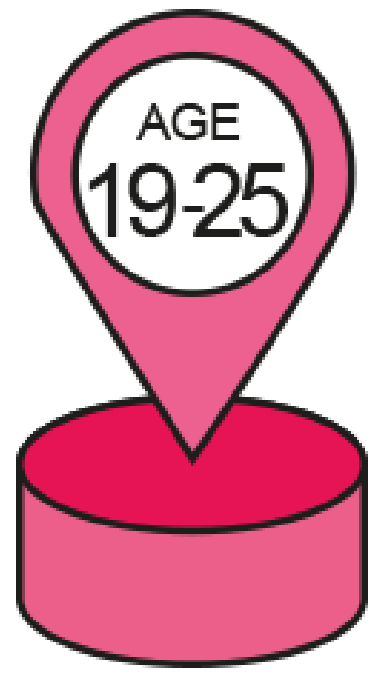
*If you didn't find what you need,
visit the Joy website*



**TURNING
POINT**

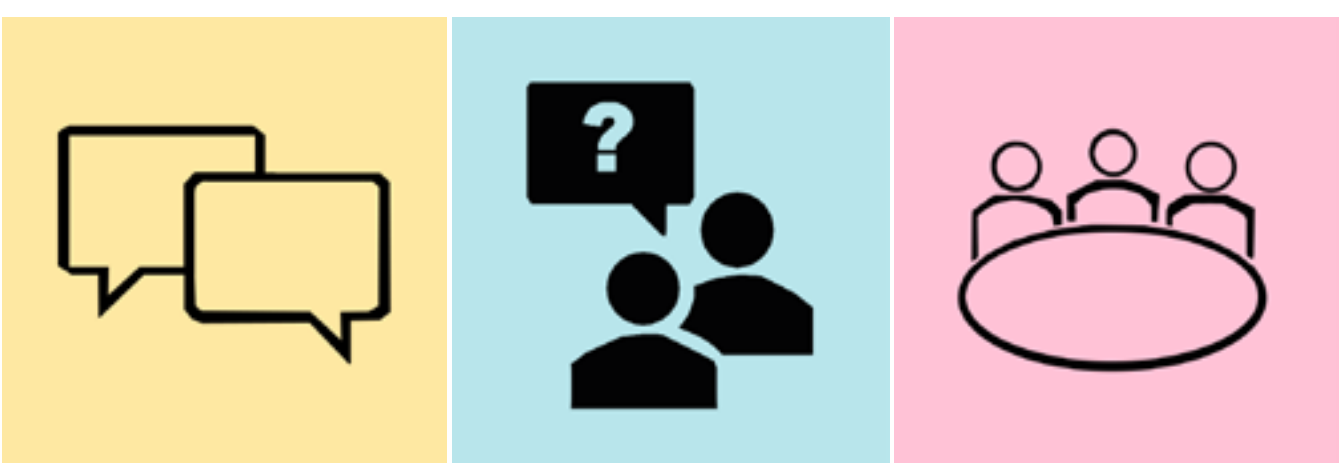
inspired by possibility

CELEBRATING 60 YEARS



Support for when drugs or alcohol negatively impact your life, your health, or people you care about, Turning Point's dedicated Young People's team works with all under 18s and those aged up to 25 where required. Support services can be delivered wherever suits you, the Turning Point young people's team can help you find out the facts about drugs and alcohol and make changes where you want to. Support is available for young people affected by someone else's substance use.

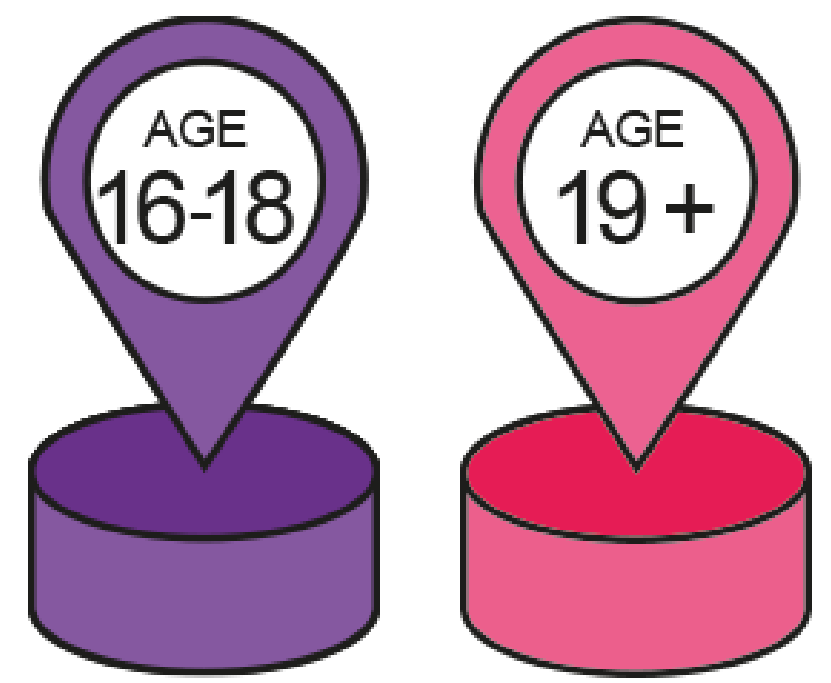
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Talking Therapies to support well being and mental health

SUPPORT →

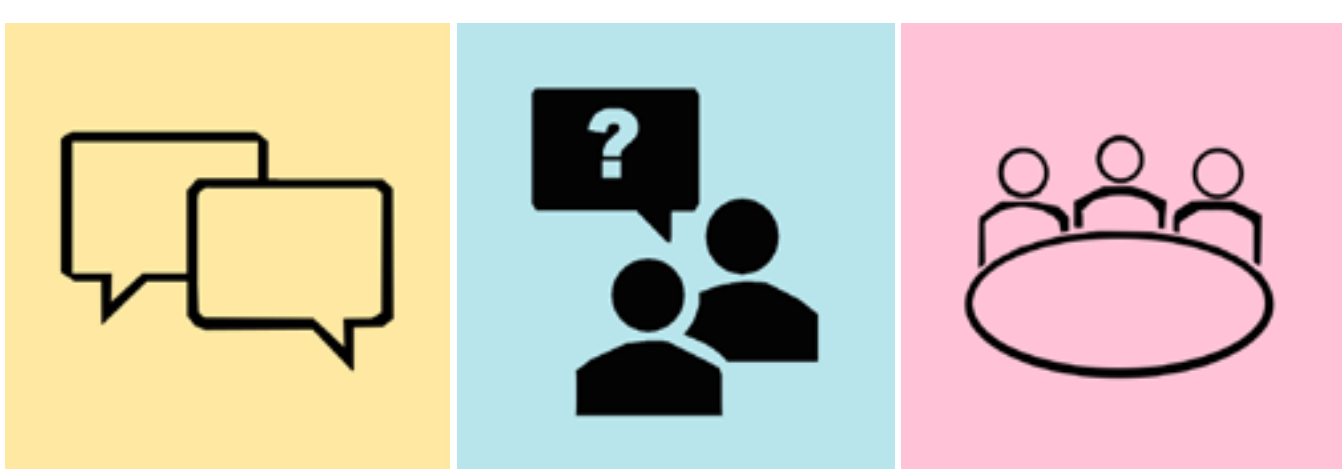
WAYS TO CONTACT :

phone | email
web-chat | in person

CONVERSATION →

WELLBEING →

Vita provides talking therapies to support well being and mental health. It is a free service and you can self-refer without the need to see a GP. Getting support is easy – self-refer using either the online Digital Assistant (web based chat- the fastest way to access ... **READ MORE** ▶



0330 094 5595



enquiries@vhg.co.uk

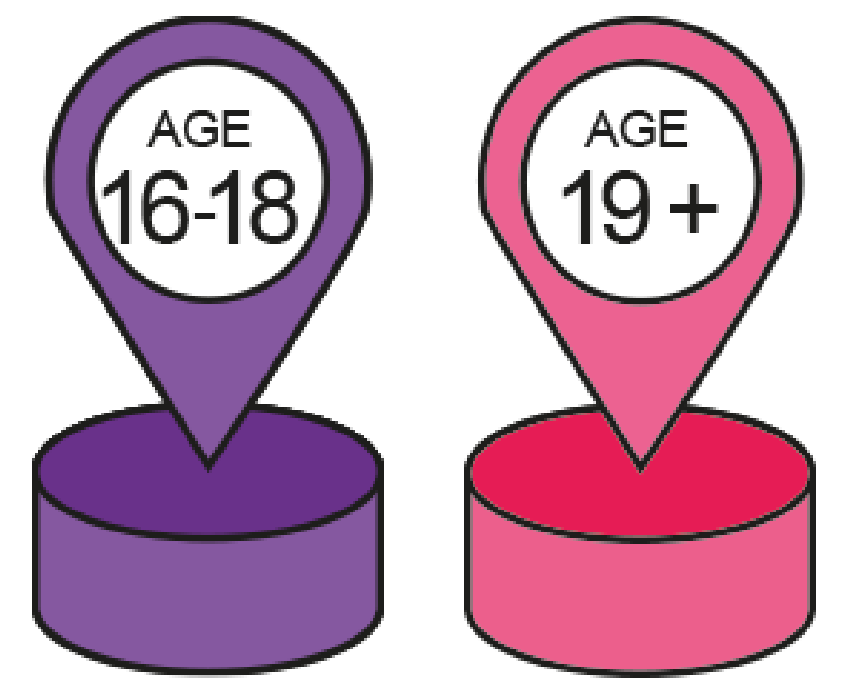


www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/leicester-leicestershire-rutland/

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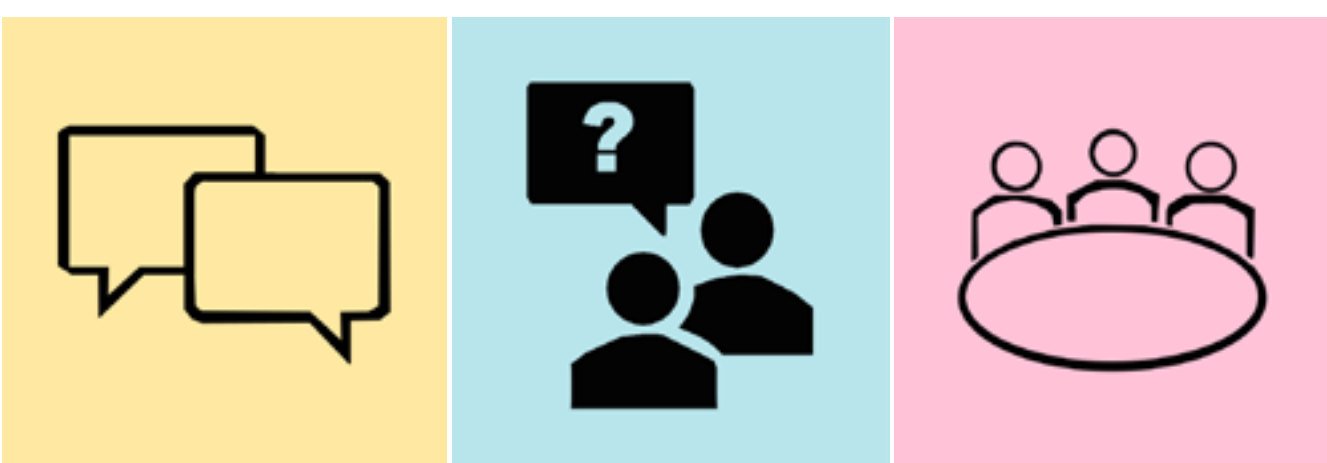




Vita provides talking therapies to support well being and mental health. It is a free service and you can self-refer without the need to see a GP. Getting support is easy – self-refer using either the online Digital Assistant (web based chat- the fastest way to access support), an online form, or by phone.

Trained practitioners will discuss the difficulties you are facing and an appropriate treatment plan will be worked out. This may be face to face sessions, online support or group therapy. You will be supported throughout the process by our practitioners.

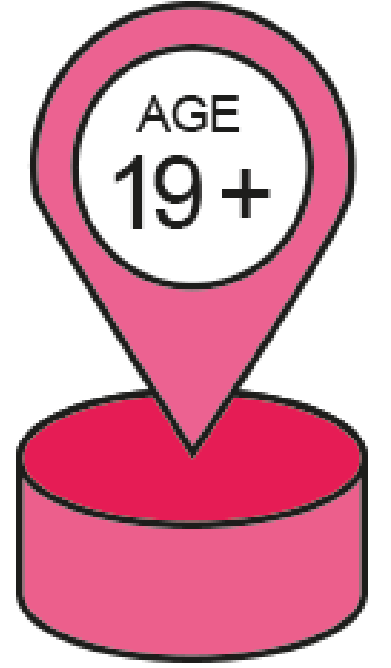
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visit the Joy website*





However you're feeling right now, things can get better

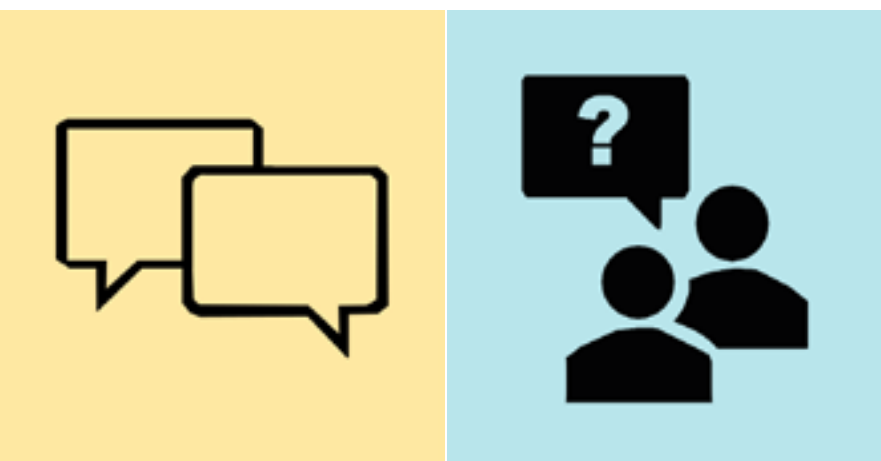
GUIDANCE →

WAYS TO CONTACT :
phone | web based resources
online form



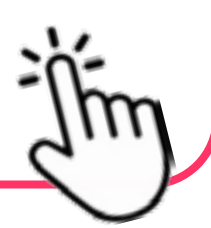
SIGNPOSTING →

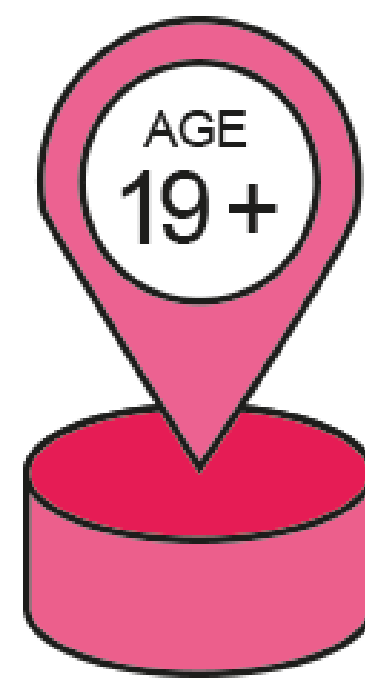
Whether you want to understand more about how you're feeling, get information about a mental health condition or find out what support is available to you, our guides can help. We offer three different services to parents and carers who are concerned about thei ... **READ MORE** ▶



 **0808 802 5544**
 **www.youngminds.org.uk**

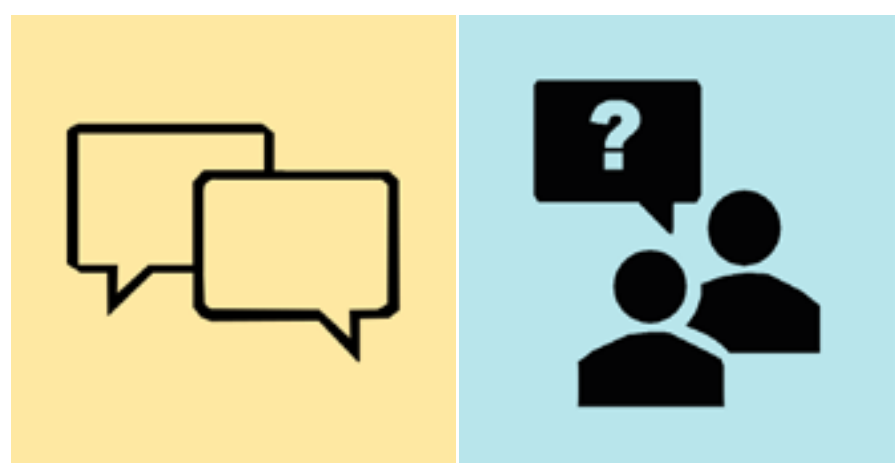
joy If you didn't find what you need, visit the Joy website





Whether you want to understand more about how you're feeling, get information about a mental health condition or find out what support is available to you, our guides can help. We offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25. Free, confidential service for parents where you can talk through any problems your child is facing. Phone-line open Mon to Fri from 9:30am to 4pm.

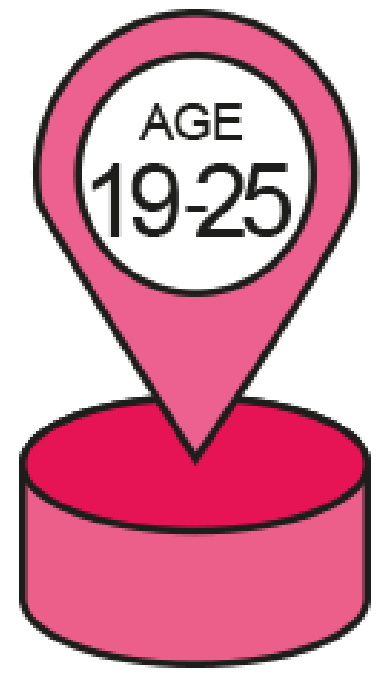
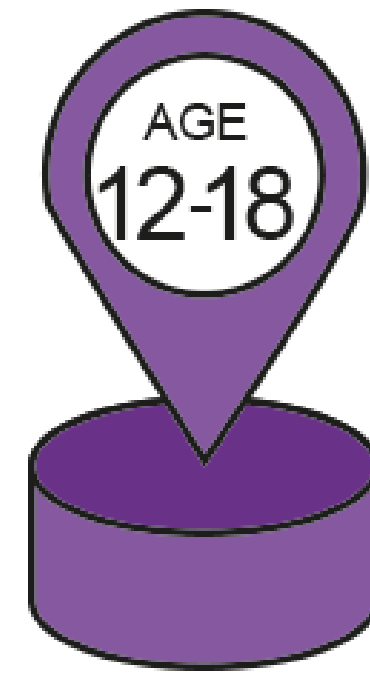
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Building a positive relationship
with food and your body

ADVICE

WAYS TO CONTACT :

online resource
learning modules

INTERACTIVE

RESOURCES

Be Body Positive acts as an early intervention tool to support young people with self-guided modules and a range of content for parents, carers and health professionals. This NHS-backed online resource, focuses on topics surrounding body image, normal eating ... [READ MORE](#) ▶

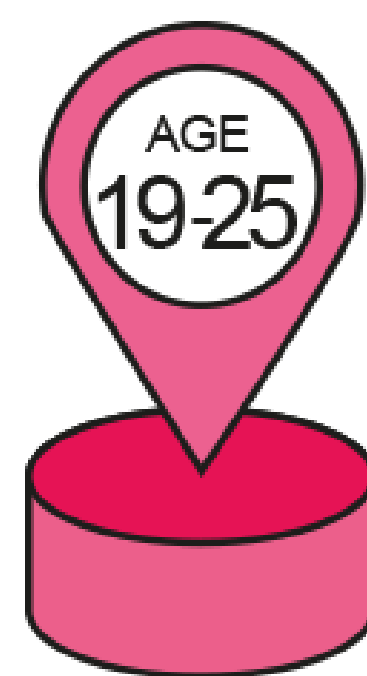


www.bebodypositive.org.uk

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*If you didn't find what you need,
visit the Joy website*





Be Body Positive acts as an early intervention tool to support young people with self-guided modules and a range of content for parents, carers and health professionals. This NHS-backed online resource, focuses on topics surrounding body image, normal eating and wellbeing. Web-based learning modules with interactive quizzes, drag and drop exercises and engaging videos and tutorials. Advice available for children and young people, parents, carers and professionals.

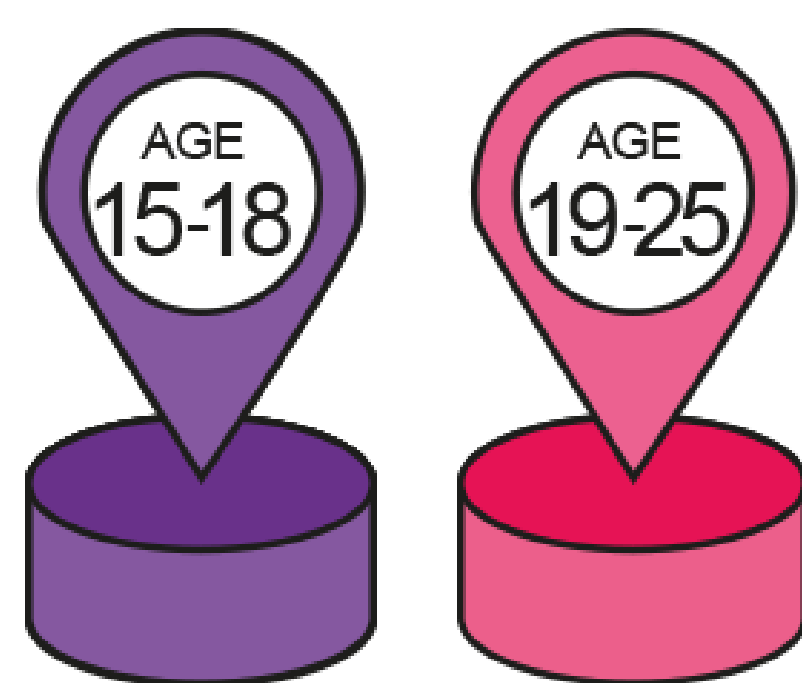
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Adventure therapy and education wellbeing packages

COACHING

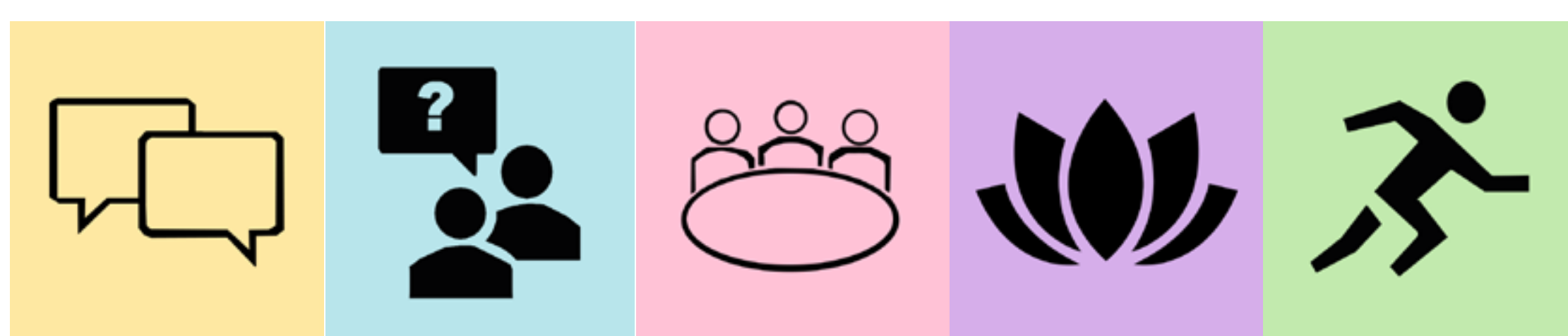
WAYS TO CONTACT :

email | web-form
by post

ACTIVITIES

WELLBEING

Unique social hub in NW Leicestershire that deliver wellbeing and performance coaching, adventure therapy, educational courses to promote and increase wellbeing and healthy living. Varied packages and programmes to work with ... [READ MORE](#) ▶



enquiries@the-leg-up-project.com



The Leg Up Project, Third Floor, Rothley House, Coalville Ln, Coalville, LE67 3NR



www.thelegupproject.com

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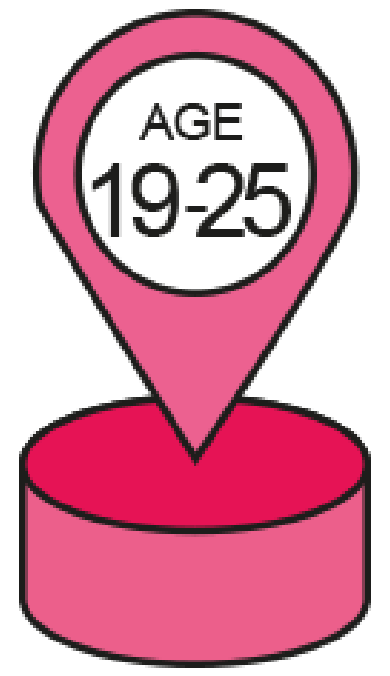
If you didn't find what you need, visit the Joy website





the **LEG UP**
PROJECT

WWW.THE-LEG-UP-PROJECT.COM



Unique social hub in NW Leicestershire that deliver wellbeing and performance coaching, adventure therapy, educational courses to promote and increase wellbeing and healthy living. Varied packages and programmes to work with individuals in changing their lifestyles. **FREE** activities to improve wellbeing & resilience and prevent worsening Mental Health Issues, through face to face wellbeing sessions, Guided walks, Mountain walks, Abseiling Sessions, Camping activities, Rock Climbing, Canoeing, Breathing Technique and Performance sessions.

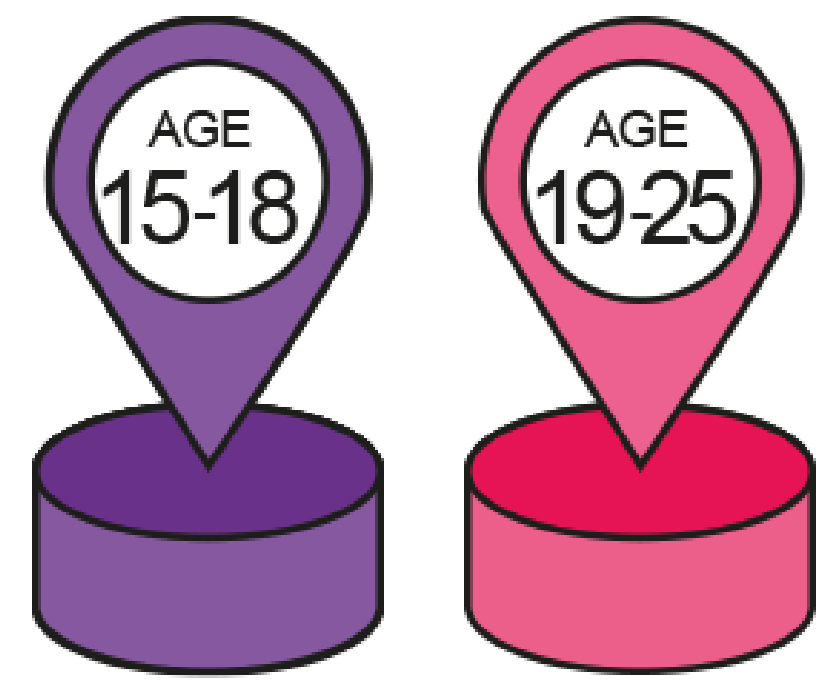
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Help to overcome challenges and barriers to getting work

MENTORING

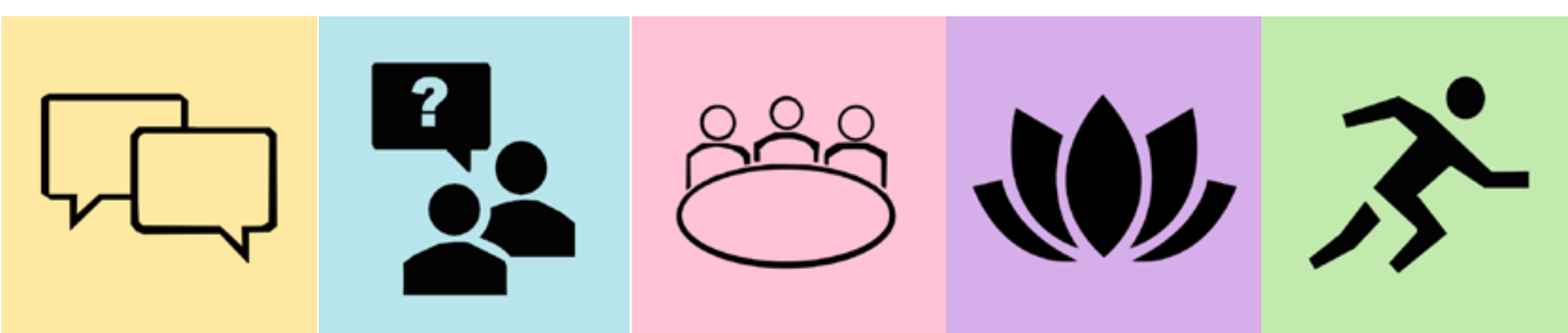
WAYS TO CONTACT :

phone | email
by post

ACTIVITIES

SUPPORT

The Youth Employability Support Project helps young people aged 15 - 25 to take steps towards employment. The YES project is delivered through nine youth organisations and charities from across Leicester and Leicestershire. Our purp ... [READ MORE](#)



0116 257 4973



info@yesproject.org



**Yes Project, Voluntary Action Leicestershire,
9 Newarke Street, Leicester LE1 5SN**

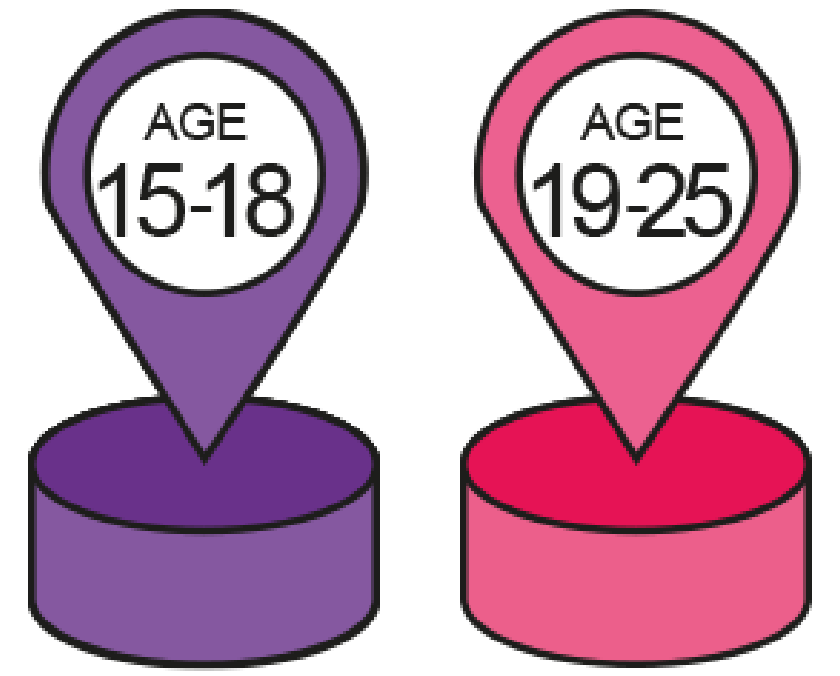


www.yesproject.org

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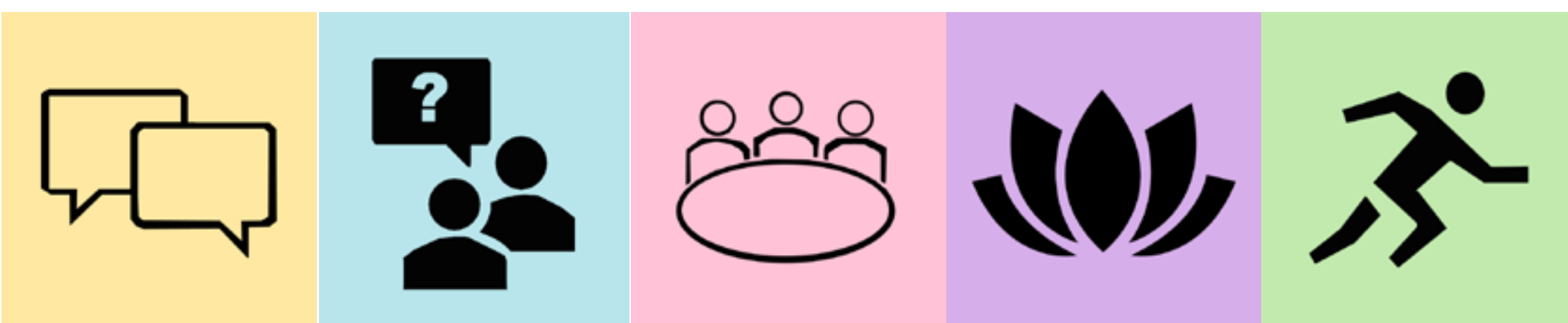




The Youth Employability Support Project helps young people aged 15 - 25 to take steps towards employment. The YES project is delivered through nine youth organisations and charities from across Leicester and Leicestershire.

Our purpose is to support local, disadvantaged young people to overcome challenges and barriers preventing them from finding a job or seeking further education.

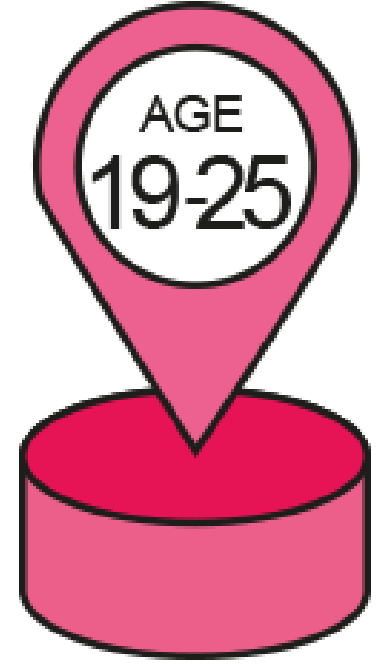
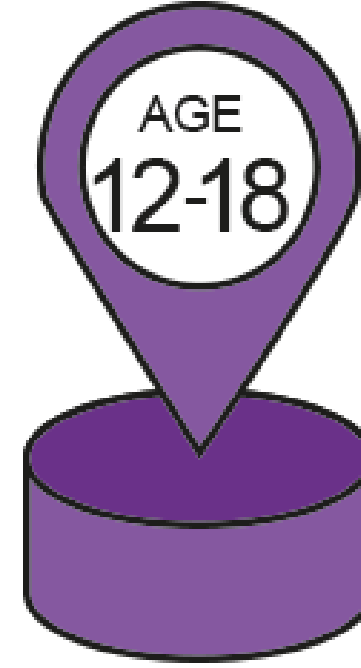
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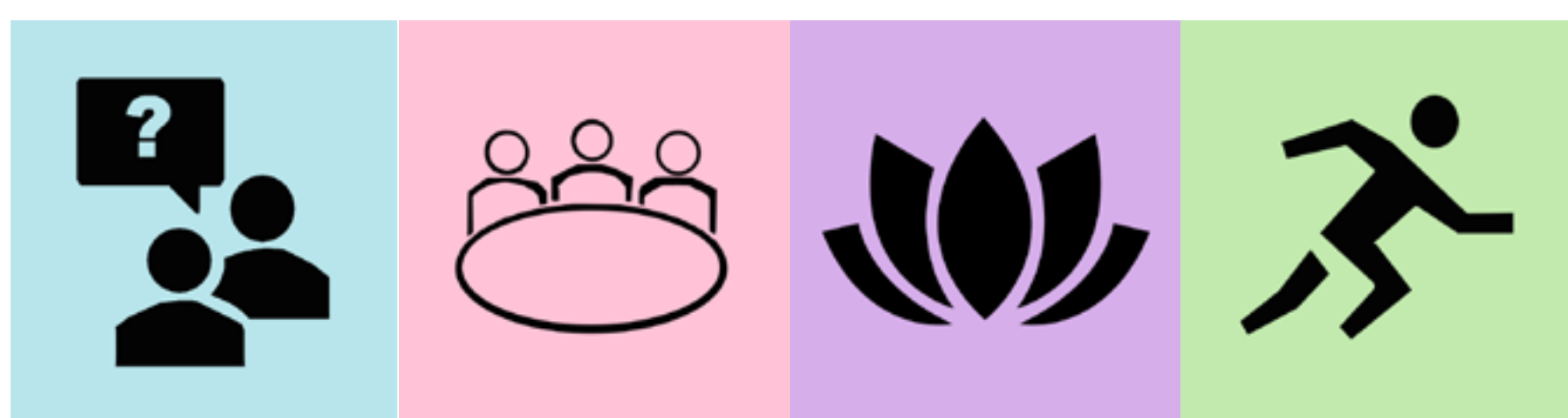
Grant funding for a wide range of educational activities





WAYS TO CONTACT :
phone | email
by post





Alderman Newton's Educational Foundation is a charity offering financial support to individuals and schools to help people access education or training opportunities, or move into employment. This website tells you all about us and how to apply for a grant fr ... READ MORE ▶




 **0116 222 2200**

 **trustadmin@charity-link.org**

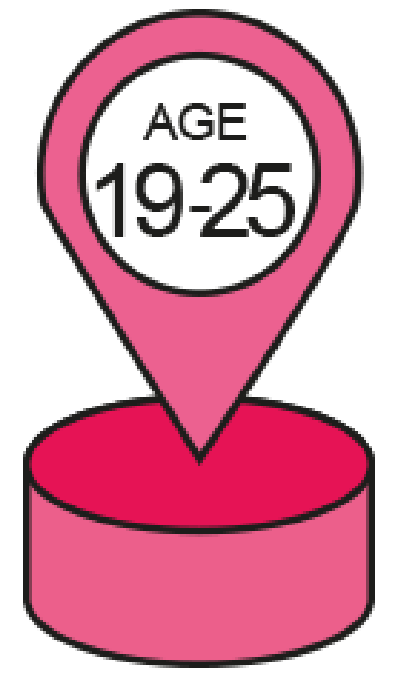
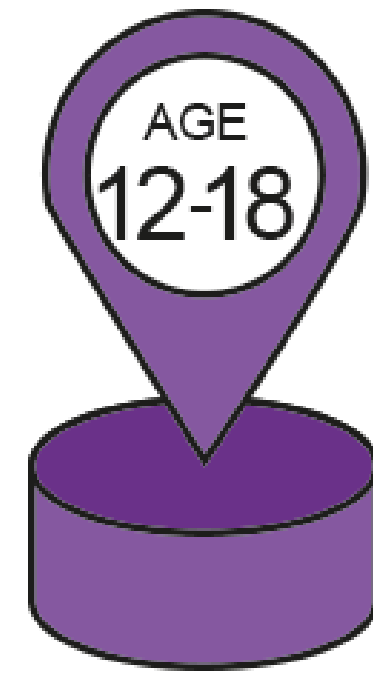
 **Alderman Newton's Educational Foundation,
c/o Charity Link, 20A Millstone Lane, Leic LE1 5JN**

 **www.anef.org.uk**

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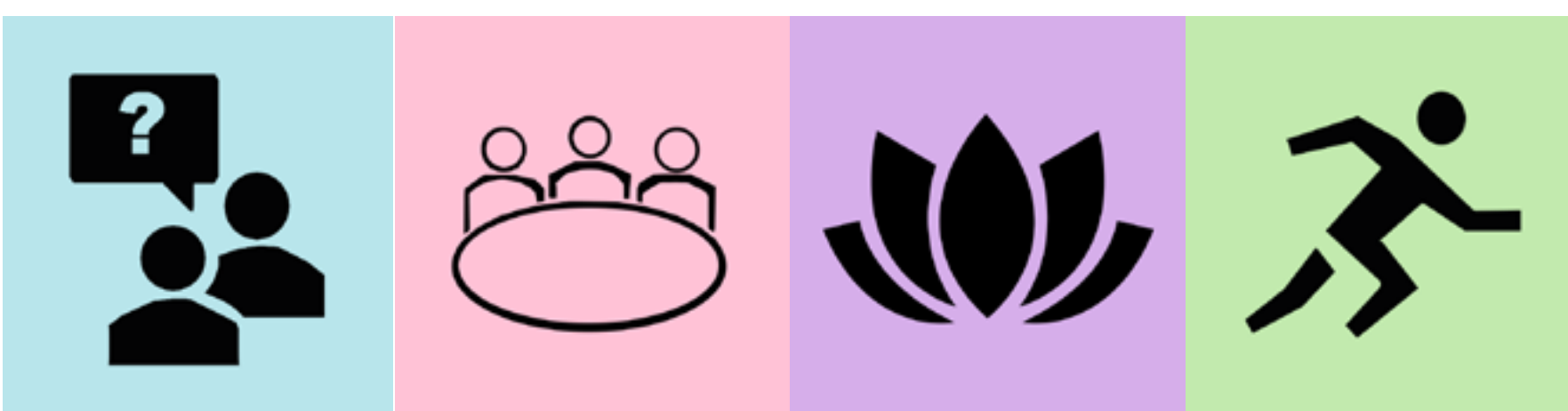
Alderman Newton's
Educational Foundation



Alderman Newton's Educational Foundation is a charity offering financial support to individuals and schools to help people access education or training opportunities, or move into employment. This website tells you all about us and how to apply for a grant from the Foundation. Grants are available to individuals aged under 25 years, and to schools.

(Restrictions apply.)

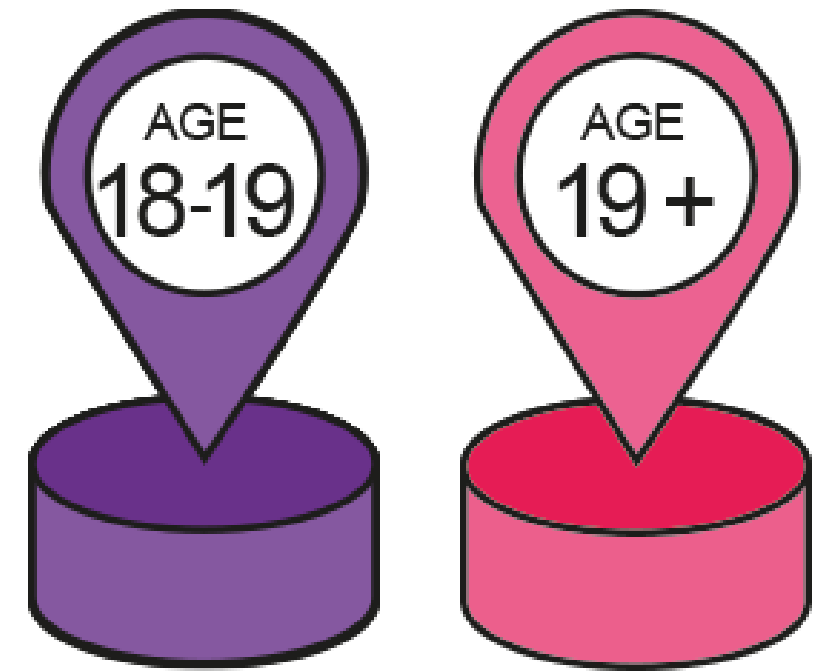
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Safe, non-threatening and accessible skate sessions

WELLBEING →

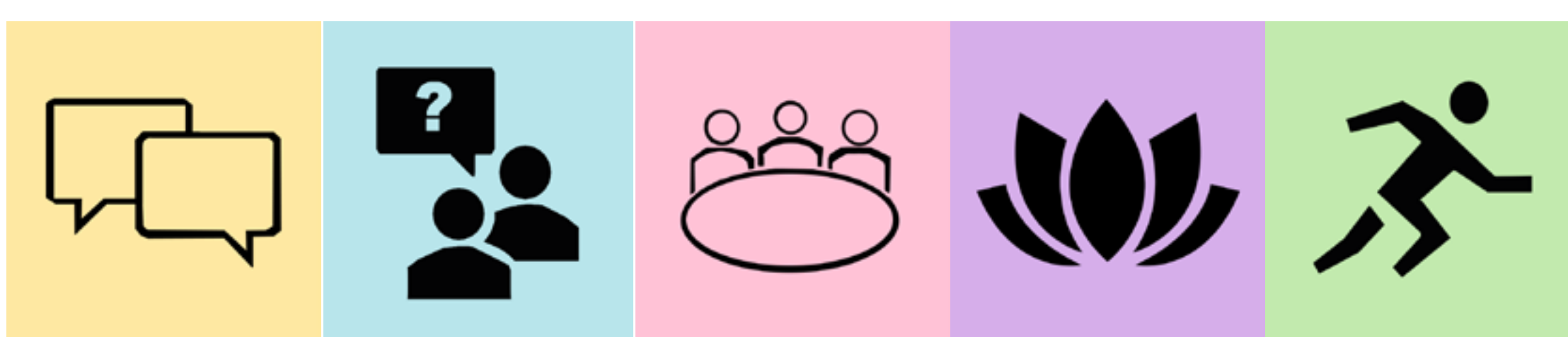
WAYS TO CONTACT :

phone | SMS message
by post | web-contact | in person

CONVERSATION →

SKATING FUN →

Skate Parlour offer skate sessions to over 18-years old suffering from mental health issues. Ran by experienced skateboarders trained in dealing with and recognising poor mental health, sessions allow participants to talk and be signposted to other services ... **READ MORE** ▶



0116 2832529



07926531242



web contact: www.skateparlour.com/contact



**Skate Parlour, Unit 32, Burgess Road,
Leicester LE2 8QL**

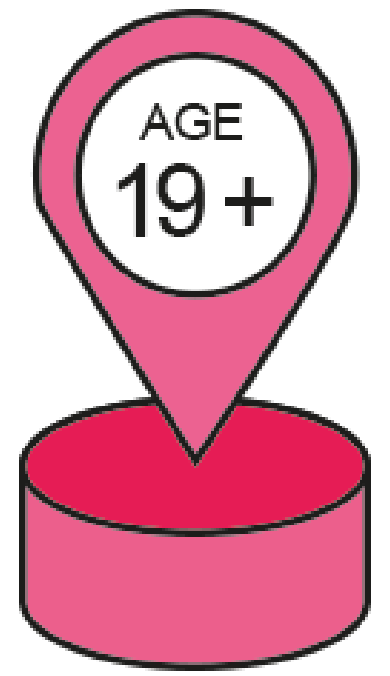


www.skateparlour.com

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visit the Joy website*





Skate Parlour offer skate sessions to over 18-years old suffering from mental health issues. Ran by experienced skateboarders trained in dealing with and recognising poor mental health, sessions allow participants to talk and be signposted to other services. Skate Parlour run specific sessions for young men aged 18 - 34, giving them a safe, nonthreatening and accessible space to open up. Skate Parlour also run Girls only clinics - skateboarding support and lessons broken up with monthly workshops, especially for women and girls.

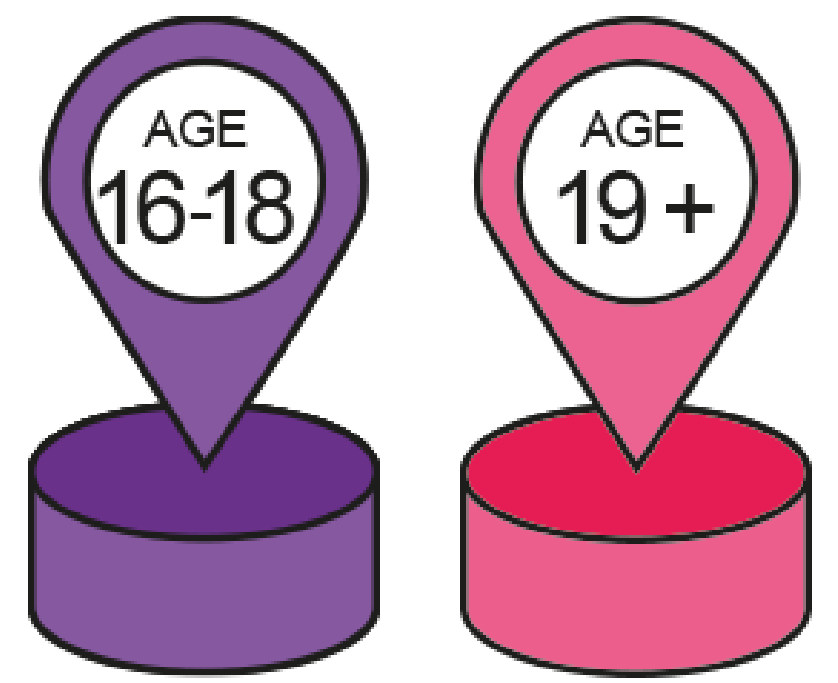
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Support for women with trauma of childhood sexual abuse

SUPPORT

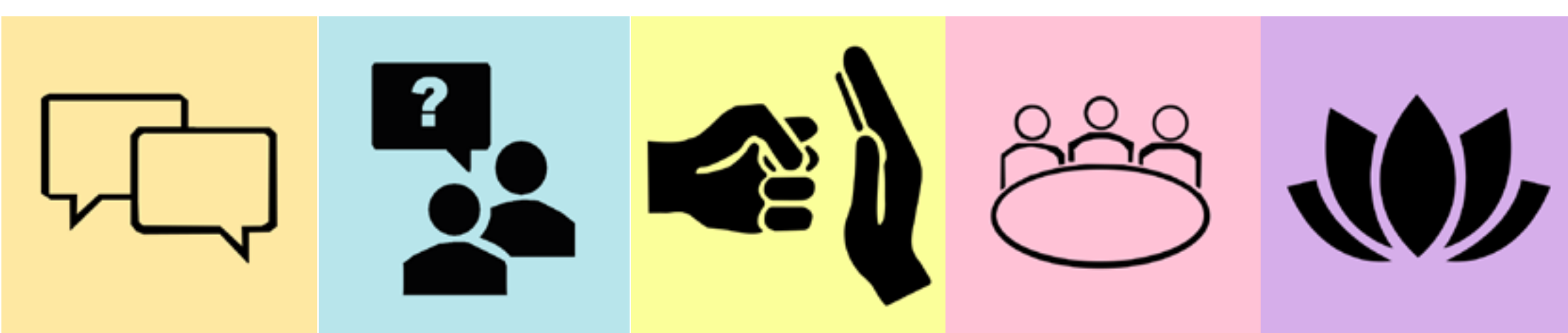
WAYS TO CONTACT :

phone | email
by post | web-chat | in person

HEALING

ACTIVITIES

Free Counselling for women aged 16 and above who are recovering from the trauma of childhood sexual abuse. Service is open to women living in Leicester, Leicestershire and Rutland. Refer yourself for counselling, read online Self-Help Guides. S ... [READ MORE](#) ▶



0333 101 4280



help@quetzal.org.uk



14-16 Talbot Ln, Leicester, LE1 4LR

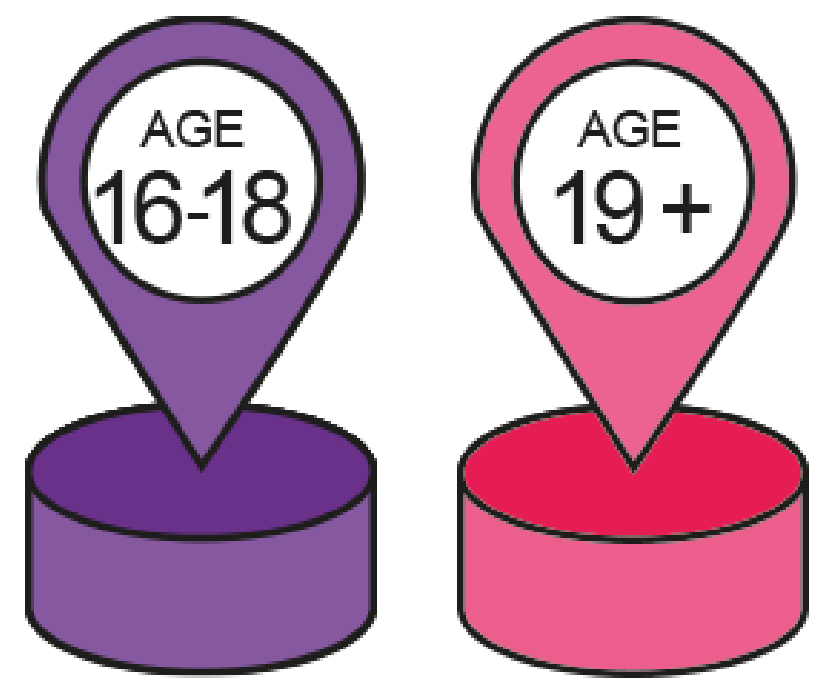


www.quetzal.org.uk

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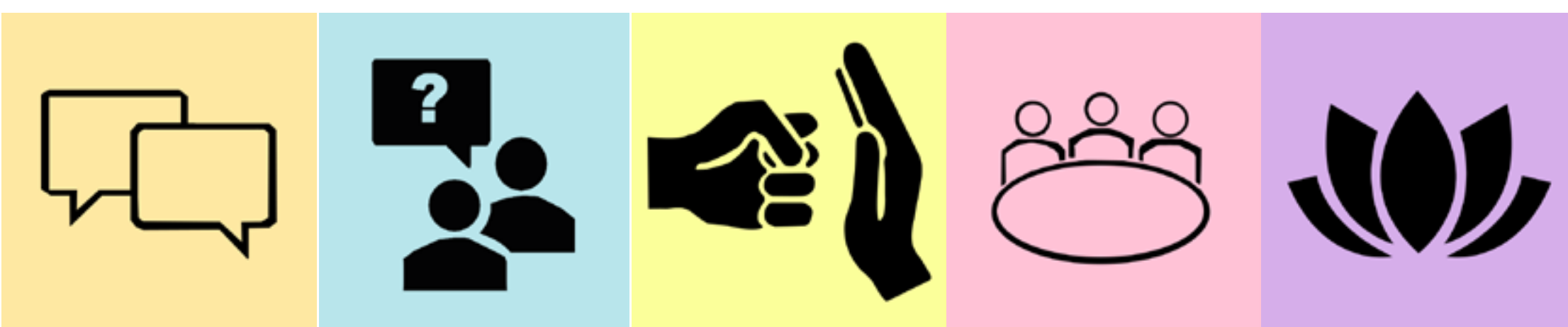
*If you didn't find what you need,
visit the Joy website*





Free Counselling for women aged 16 and above who are recovering from the trauma of childhood sexual abuse. Service is open to women living in Leicester, Leicestershire and Rutland. Refer yourself for counselling, read online Self-Help Guides. Support and advice available for family and friends of survivors.

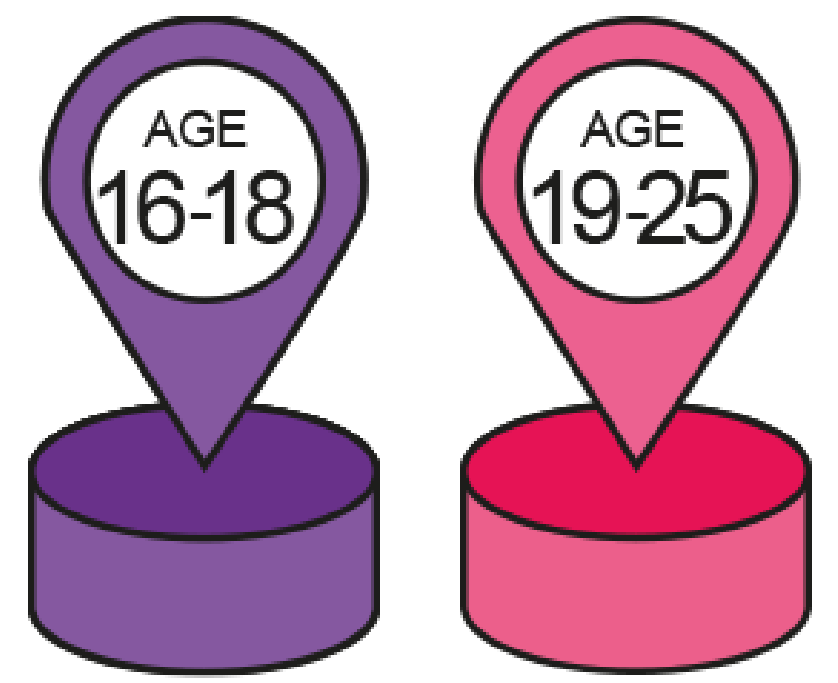
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Wraparound support for young people with complex needs

LIFE SKILLS

WAYS TO CONTACT :

phone | email
by post | web-form | in person

ADVICE

ACTIVITIES

YMCA provides supported accommodation to over 200 homeless young people, aged 16 to 25. Access to Complex Needs Service and dedicated workers. Intensive, wraparound support to young people who have a range of co-occurring needs inclu ... **READ MORE** ▶



0116 204 6223



info@ymcaleics.org.uk



**The Y Support Project: 165 Granby Street,
Leicester, LE1 6FE**

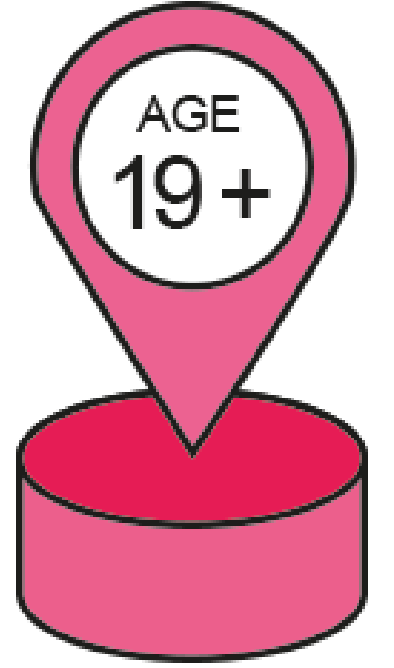
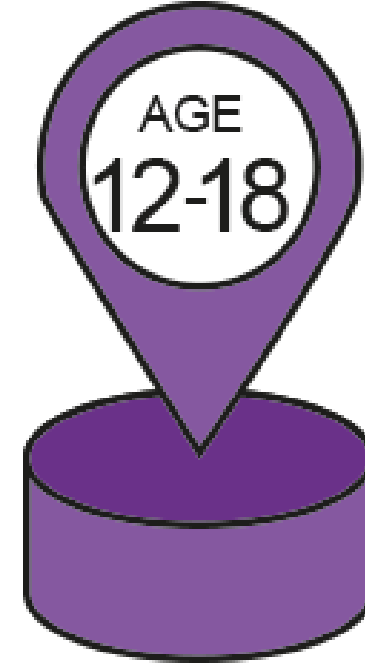


www.ymcaleics.org.uk/our-work/yasc

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*If you didn't find what you need,
visit the Joy website*





YMCA provides supported accommodation to over 200 homeless young people, aged 16 to 25. Access to Complex Needs Service and dedicated workers. Intensive, wraparound support to young people who have a range of co-occurring needs including mental health difficulties. Support for homelessness, free laundry service, showers, WC, breakfast, emergency food parcels. YMCA offers holistic support to people with no alternative support networks. The staff team have a broad knowledge of resources available and work closely with other agencies.

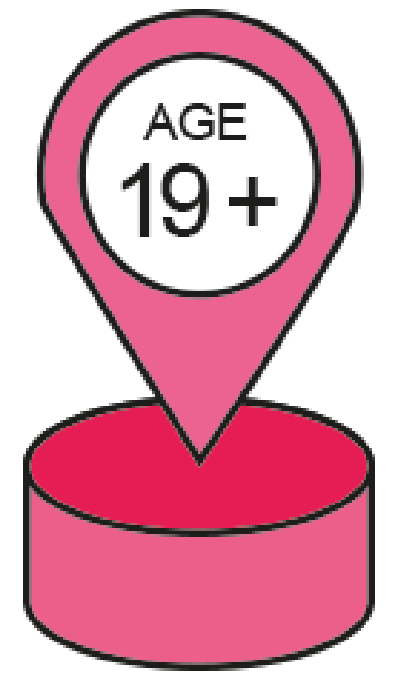
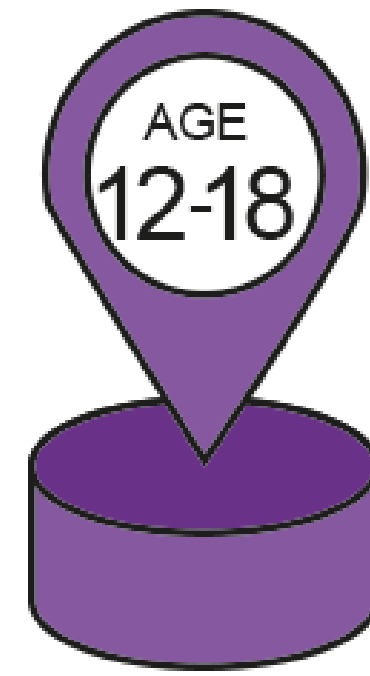
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Support for people at risk of harming themselves

SUPPORT

WAYS TO CONTACT :

phone | email
by post | web-form | in person

THERAPY

TRAINING

Harmless work with people who do or are at risk of self-harm.

This means that we will work with anyone, of any age if they are at risk of harming themselves.

We know that self harm can impact people of all walks of life and of any age and gender. We ... [READ MORE](#)



0116 309 0171



leicester@harmless.org.uk



**Harmless, Voluntary Action Leicestershire,
9 Newarke Street, Leicester LE1 5SN**

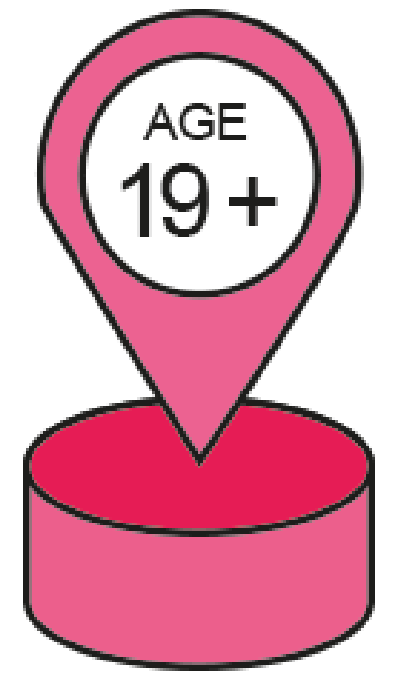


www.harmless.org.uk

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*If you didn't find what you need,
visit the Joy website*





Harmless work with people who do or are at risk of self-harm.

This means that we will work with anyone, of any age if they are at risk of harming themselves.

We know that self harm can impact people of all walks of life and of any age and gender. We provide our services to all people impacted by self harm including children, although we often undertake this work through family work and support.

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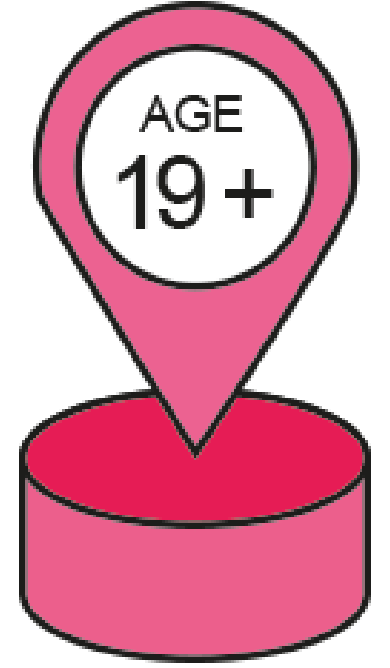
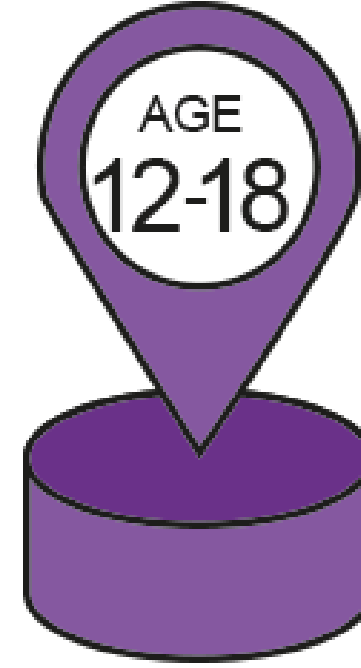


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visit the Joy website*



Children & Young People (C&YP) Mental Health Local Transformation Plan



Online C&YP Mental Health Transformation Plan

INFORMATION

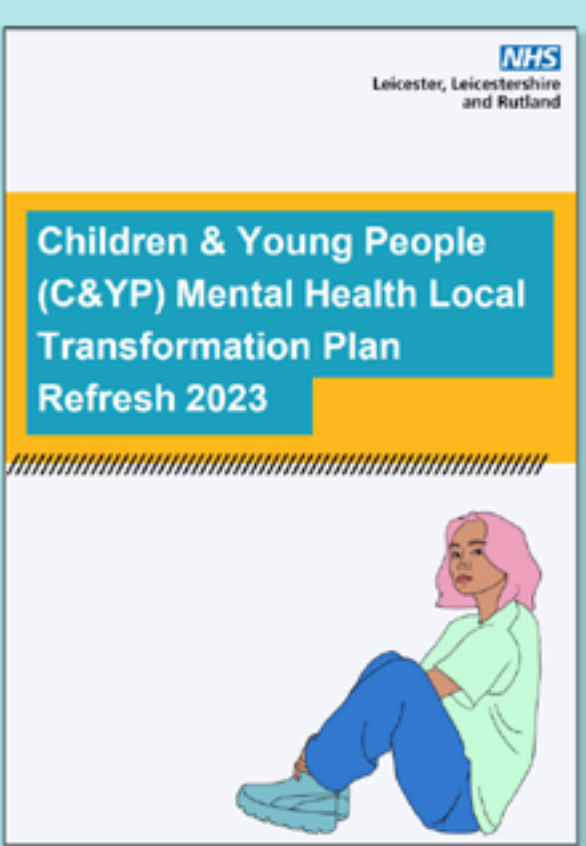
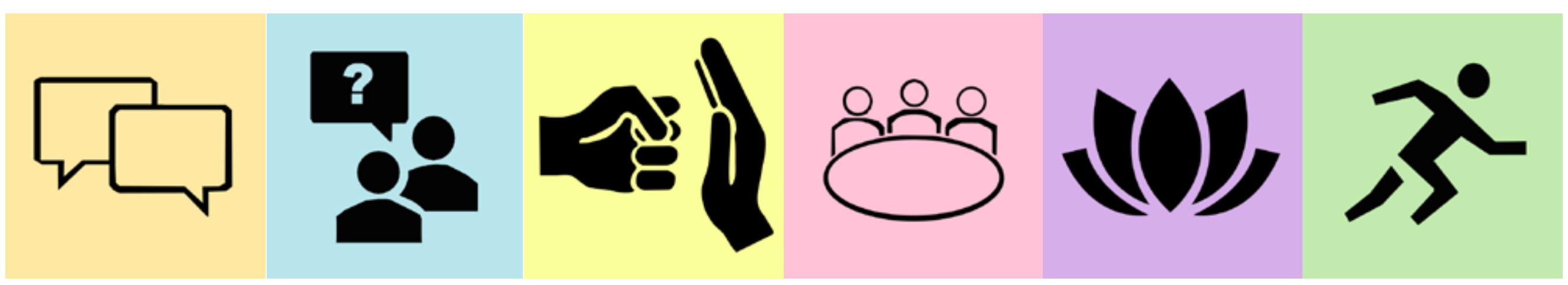
WAYS TO CONTACT :
online resource
online pdf | referral links

ADVICE

RESOURCES


This brochure explains the NHS strategy to refresh the Children and Young People's services offer and make different service offers well signposted and accessible for young people.

Includes link to self referr ... **READ MORE** ▶

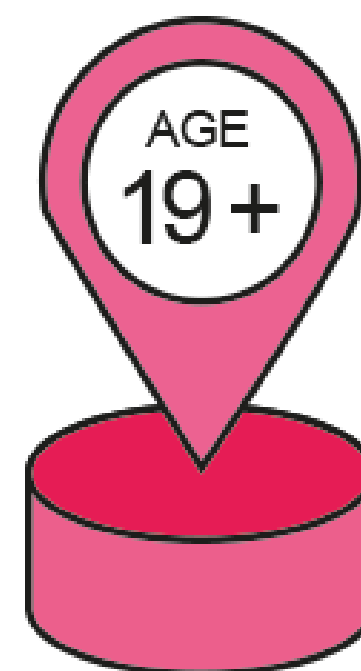


View the Children & Young People Mental Health Local Transformation Plan online pdf

joy If you didn't find what you need, visit the Joy website



Children & Young People
(C&YP) Mental Health
Local Transformation Plan



This brochure explains the NHS strategy to refresh the Children and Young People's services offer and make different service offers well signposted and accessible for young people.

Includes link to self referral:

www.myselfreferral-lr.nhs.uk

Includes link to CAMHS resources:

www.camhs-resources.co.uk

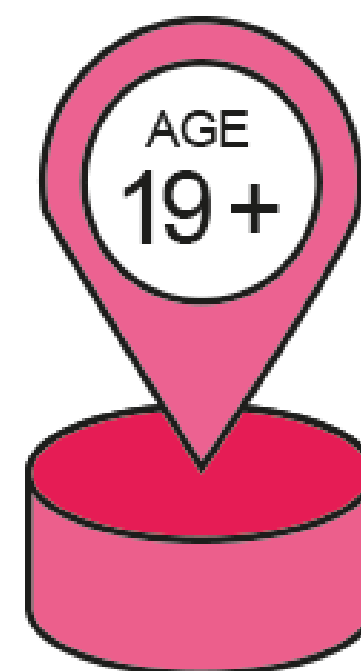
◀ **BACK TO OVERVIEW**



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1-2-1 SUPPORT

RECOVERY

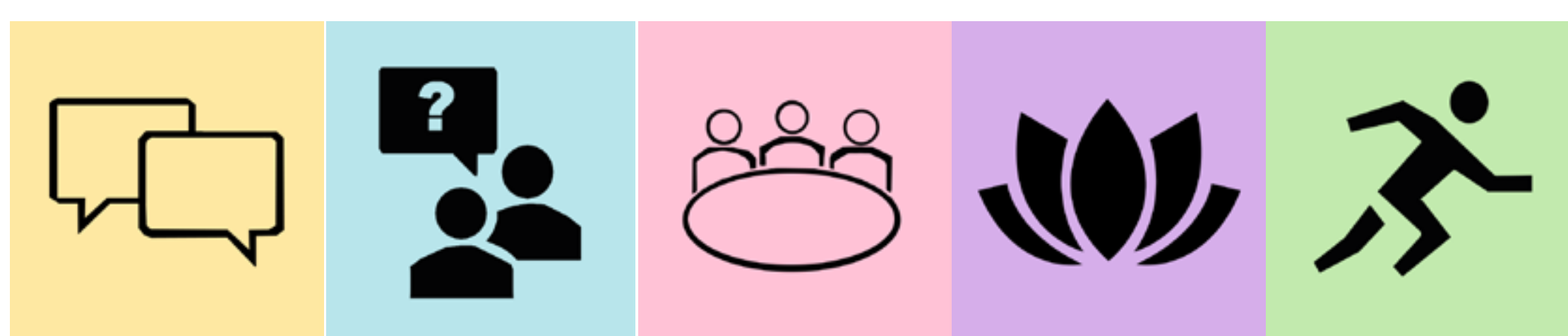
ACTIVITIES

WAYS TO CONTACT :

email | phone
online self-referral

For children and their families, young people, and adults affected by eating difficulties and disorders. Routes to recovery include one-to-one professional and group support and inclusion in positive activities.

Our founding principles a ... [READ MORE](#) ▶



0300 1021685



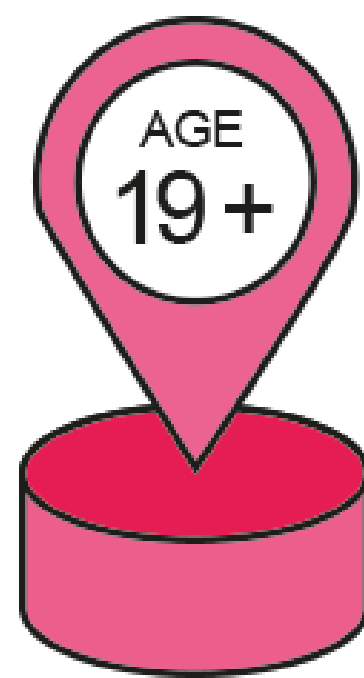
info@firststepsed.co.uk



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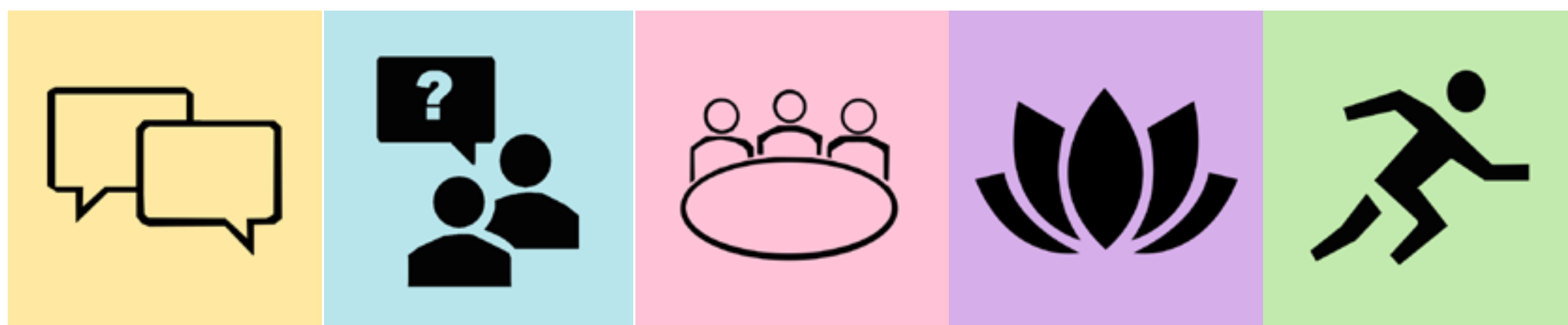




For children and their families, young people, and adults affected by eating difficulties and disorders. Routes to recovery include one-to-one professional and group support and inclusion in positive activities.

Our founding principles are based on the experiences of individuals who have had, are still living with, and have recovered from eating disorders and comorbid mental health conditions.

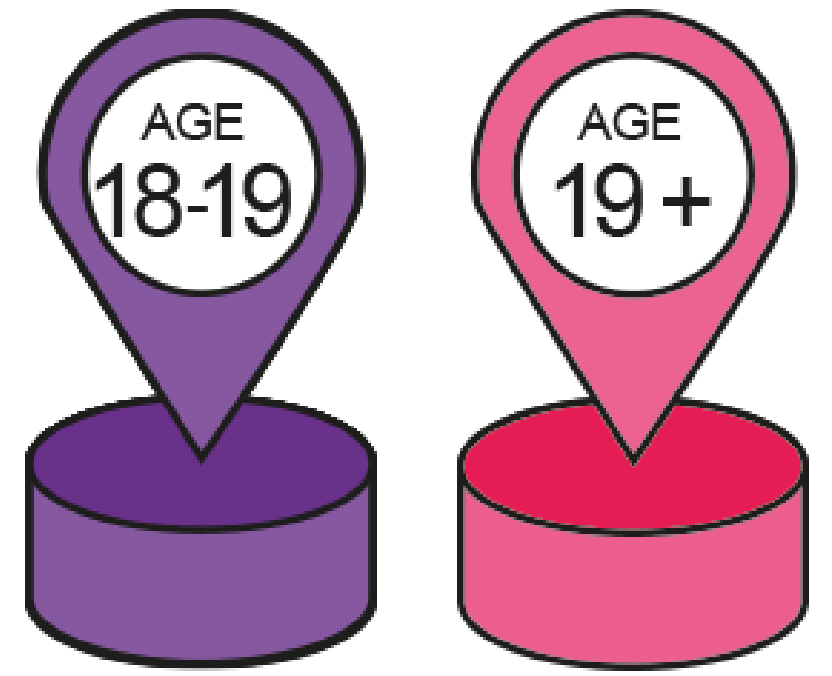
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Specialist support services for university students

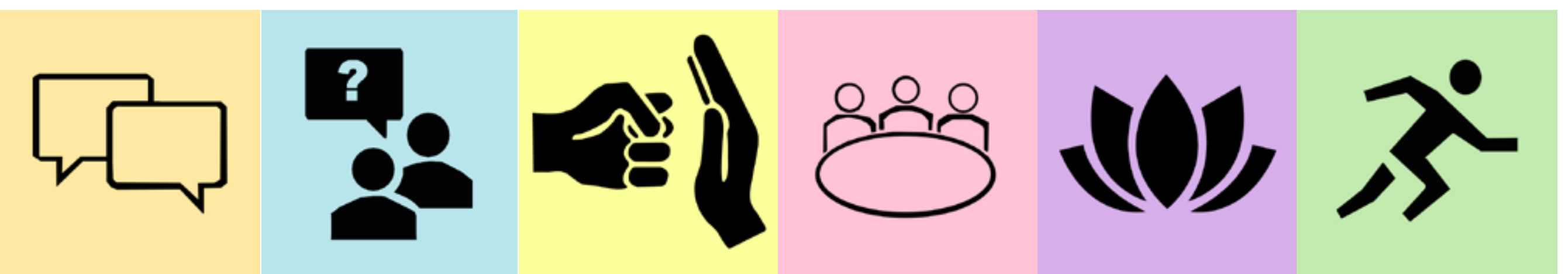
ADVICE

WAYS TO CONTACT :
University & College Support Services websites

SUPPORT

SIGNPOSTING

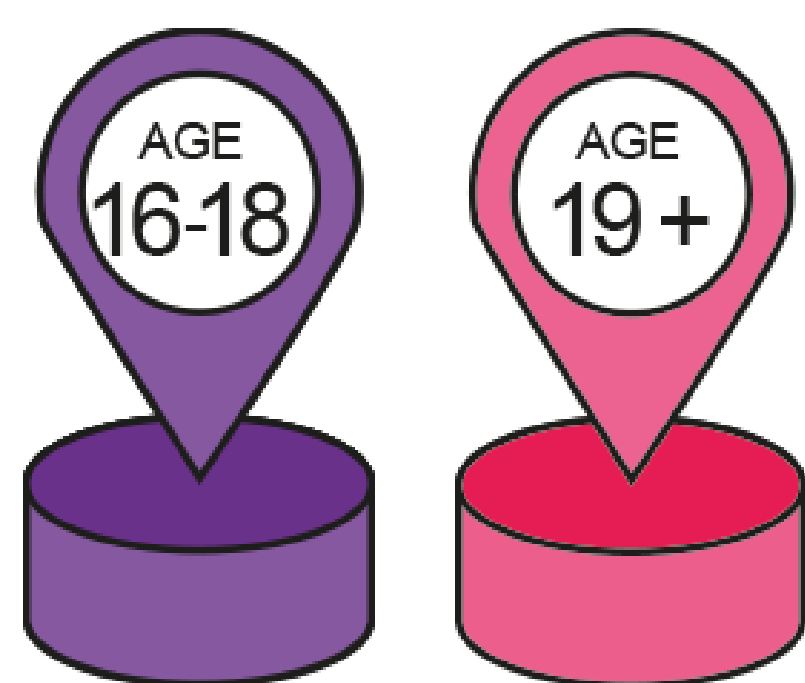
Student Support Services are available across the universities in Leicester and Leicestershire. These points of contact can help with pre-existing mental health conditions. Student Support Services are also there for students who are feeling the pressu ... READ MORE ▶



		Student Services www.dmu.ac.uk/current-students/student-support/wellbeing-disability/mental-health-support/index.aspx
		Student Services www.le.ac.uk/study/wellbeing
		Student Services www.lboro.ac.uk/services/student-services/category/mental-health-wellbeing

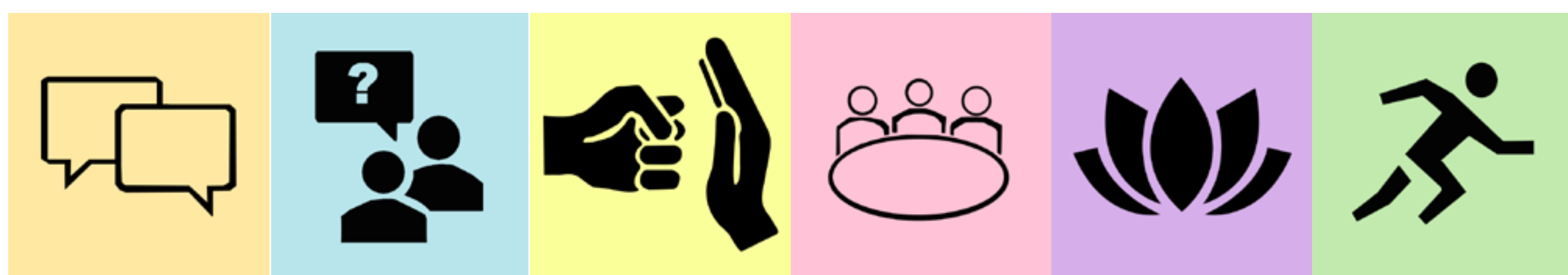
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Student Support Services are available across the universities in Leicester and Leicestershire. These points of contact can help with pre-existing mental health conditions. Student Support Services are also there for students who are feeling the pressure of university, you may need financial or study advice, or have experienced bullying or harassment, Student Support is here to help.

◀ [BACK TO OVERVIEW](#)



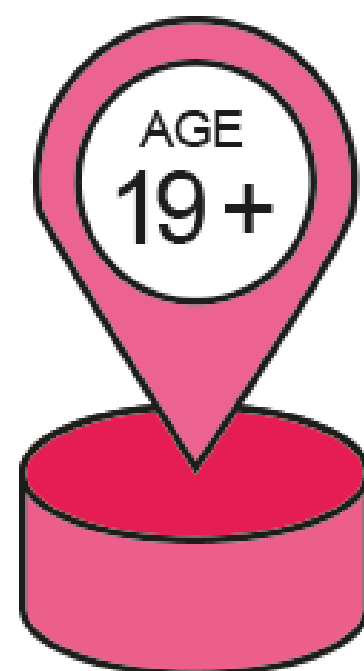
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Leicestershire Partnership
NHS Trust



LPT Mental Health and Wellbeing Support booklet

WELLBEING

WAYS TO CONTACT :

online resource
online pdf | useful links

INFORMATION

SIGNPOSTING

Here you can find helpful documents for your mental health and wellbeing. You can view, download and print these at home or work. Information about services across Leicester, Leicestershire and Rutland that provide support for your mental health and... [READ MORE](#)



www.leicspart.nhs.uk/mental-health/helpful-documents



View the Mental Health and Wellbeing Support online booklet

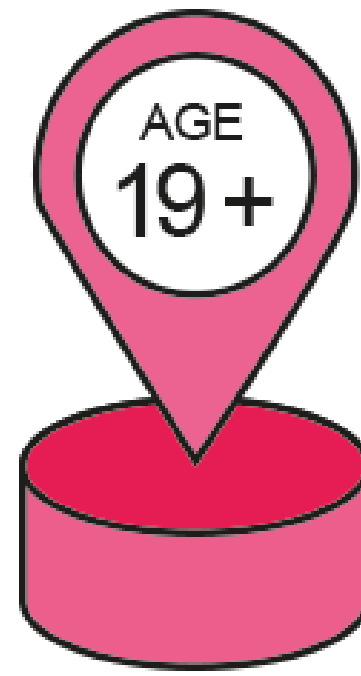
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Leicestershire Partnership
NHS Trust



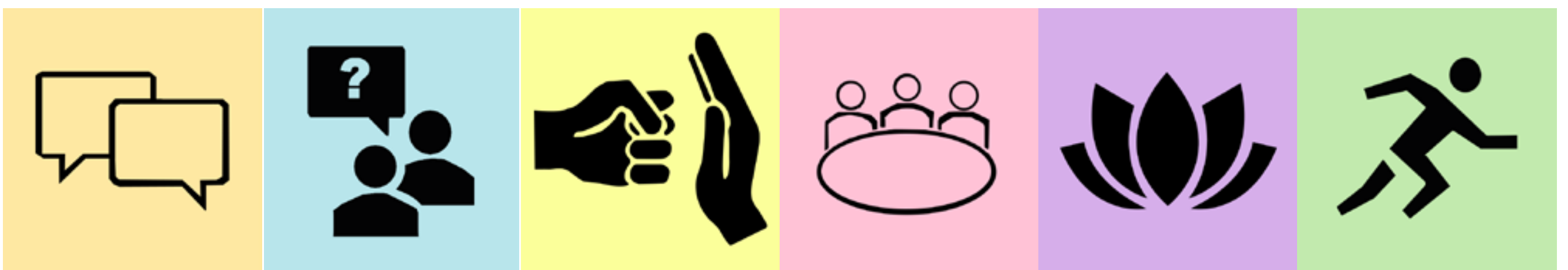
Here you can find helpful documents for your mental health and wellbeing. You can view, download and print these at home or work. Information about services across Leicester, Leicestershire and Rutland that provide support for your mental health and wellbeing.



View the Mental Health and Wellbeing Support online booklet



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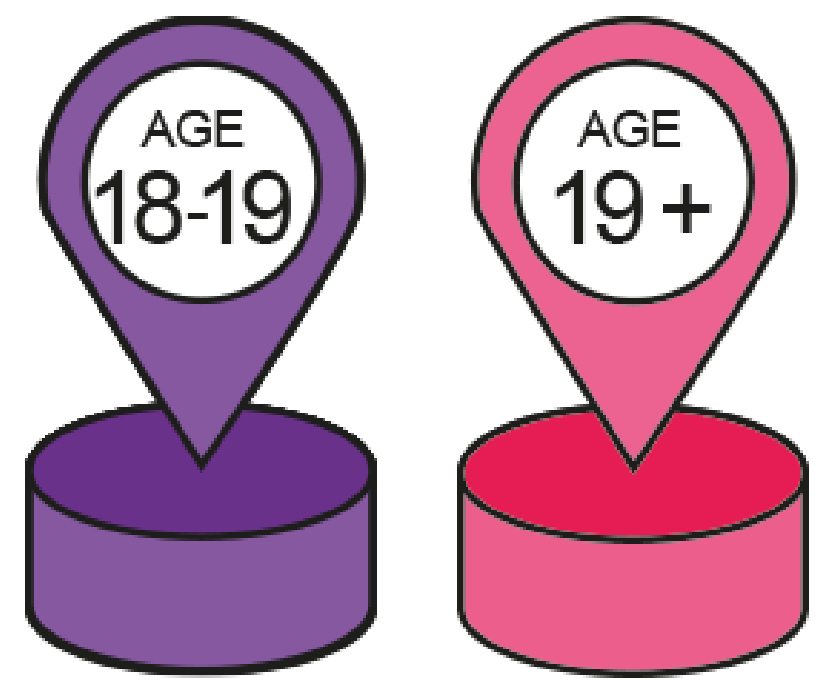
joy

If you didn't find what you need, visit the Joy website



new dawn new day

a brighter future for women



Helping women change their lives for the better.

THERAPEUTIC →

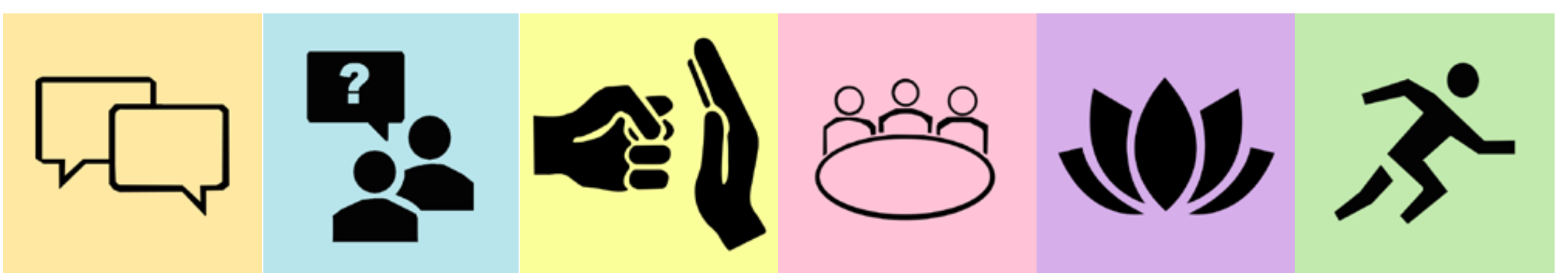
WAYS TO CONTACT :

phone | email
by post | in person

SAFE SPACE →

HOLISTIC →

Through our work we know that women affected subjected to trauma, violence and abuse have the potential to transform their lives. We support them by providing a safe environment and high quality, gender-responsive, trauma-informed support. ... [READ MORE](#) ▶



03333 444 304



admin@ndnd.org.uk



**New Dawn New Day 3 Museum Square,
Leicester LE1 6UF**



www.ndnd.org.uk

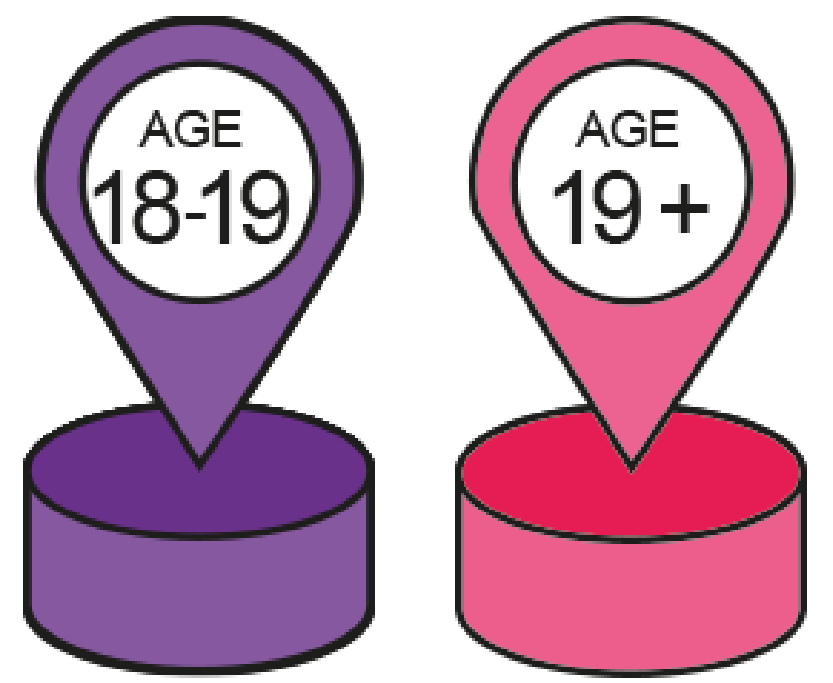
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visit the Joy website*



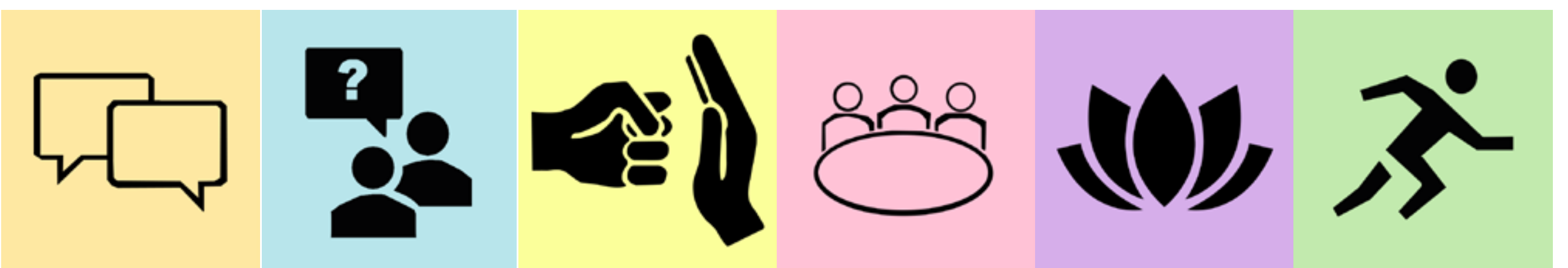
**new dawn
new day**

a brighter future for women



Through our work we know that women affected by or subjected to trauma, violence and abuse have the potential to transform their lives. We support them by providing a safe environment and high quality, gender-responsive, trauma-informed support. Working to support the wellbeing of women and girls in Leicester and Leicestershire for over 30 years, New Day New Dawn specialise in supporting women involved with the Criminal Justice System, delivering a range of practical and emotional support designed to meet the multiple and complex needs of women referred into our service. Referral via Police or Probations.

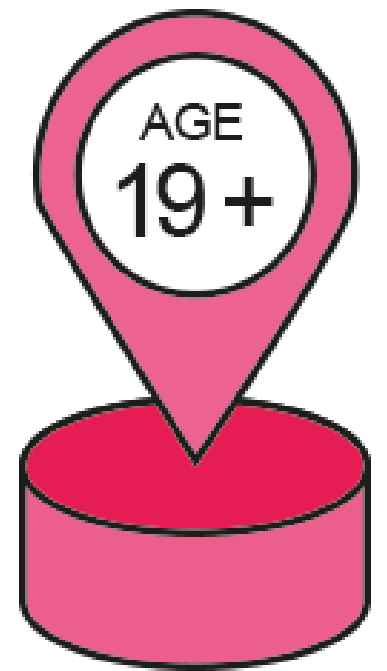
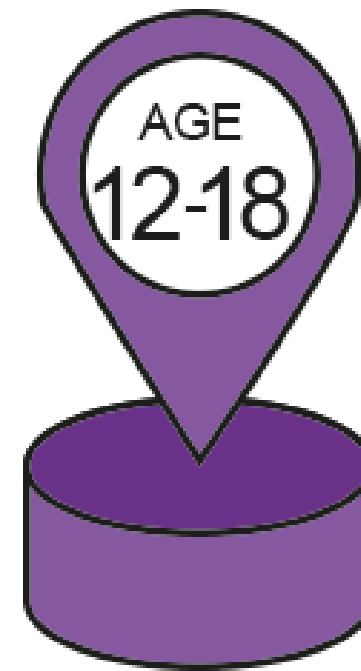
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joy

*If you didn't find what you need,
visit the Joy website*





Free, confidential sexual health advice, services & support

SEXUAL HEALTH →

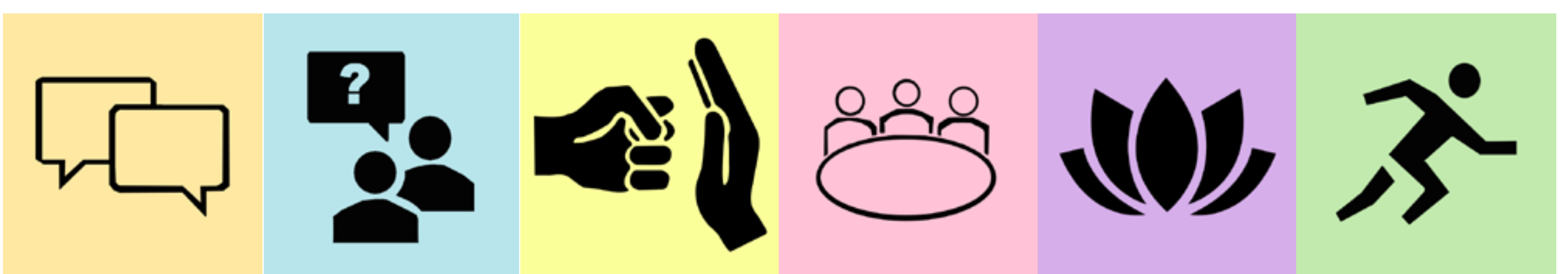
WAYS TO CONTACT :

phone | email
by post | in person

RELATIONSHIPS →

SUPPORT →

Trade Sexual Health is a health charity working with under-represented communities, including lesbian, gay, bisexual and transgender (LGB&T) and new arrivals, across Leicester, Leicestershire & Rutland (UK). We offer a range of services i ... [READ MORE](#) ▶



0116 254 1747



info@tradesexualhealth.com



Trade Sexual Health, 2nd Floor, 27 Bowling Green Street, Leicester LE1 6AS.

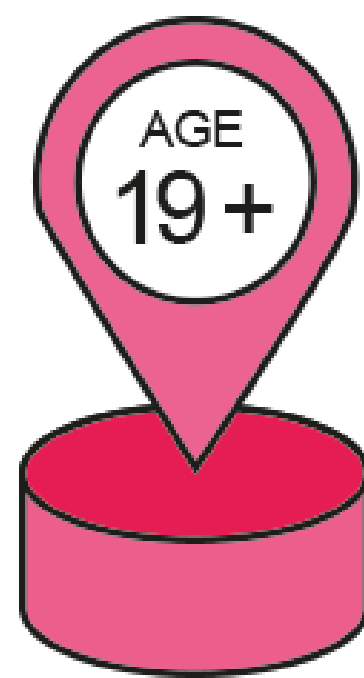


www.tradesexualhealth.com

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Trade Sexual Health is a health charity working with under-represented communities, including lesbian, gay, bisexual and transgender (LGB&T) and new arrivals, across Leicester, Leicestershire & Rutland (UK). We offer a range of services including information and support on sexual health and HIV; one-to-one emotional and practical support; support around sexuality, gender, relationships and 'coming out'; rapid HIV testing; community based sexual health clinics; safer-sex packs; social and support groups; outreach services, and a fully qualified counselling service.

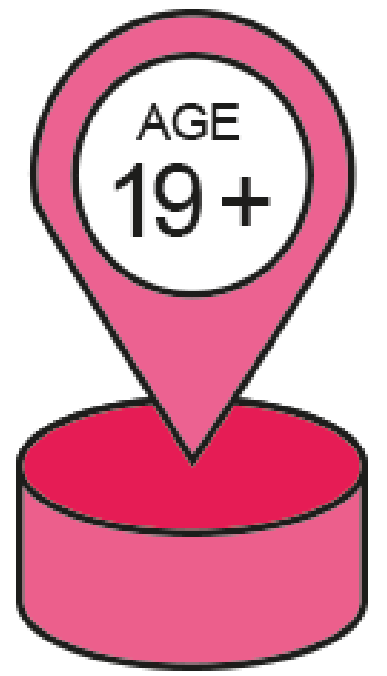
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Support for people who have ADHD and other co-existing neurodiverse traits

UNDERSTANDING

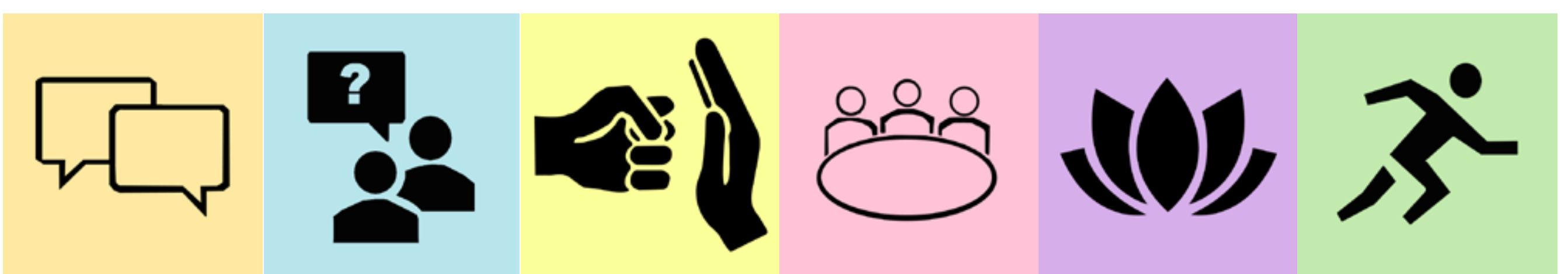
WAYS TO CONTACT :

phone | email
by post | in person

COLLABORATIVE

POSITIVE

ADHD Solutions is an independent initiative set up to support children, young people and adults who have ADHD, their families, and the professionals who are working with them. We have over 4,500 families on our database which is forever growing day by day. We p ... [READ MORE](#) ▶



0116 261 0711



frontdoor@adhd solutions.org



St Gabriels Community Centre, Kerrysdale Avenue, Leicester LE4 7GH.



www.adhd solutions.org

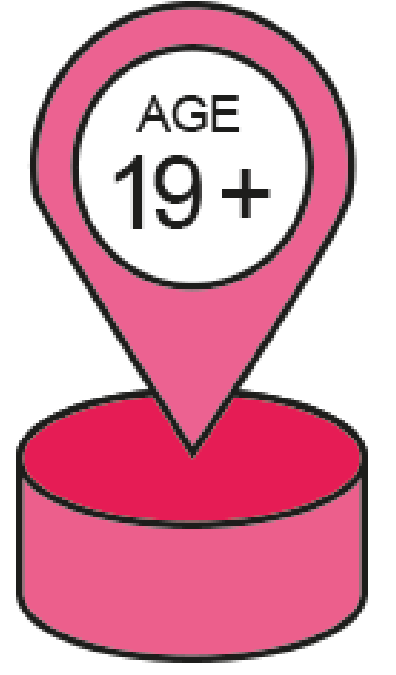
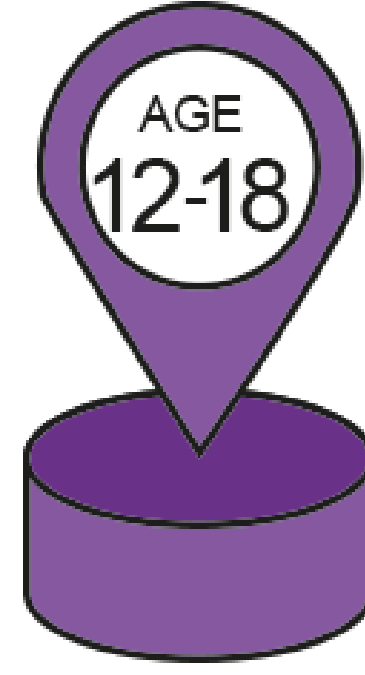
joy

If you didn't find what you need, visit the Joy website



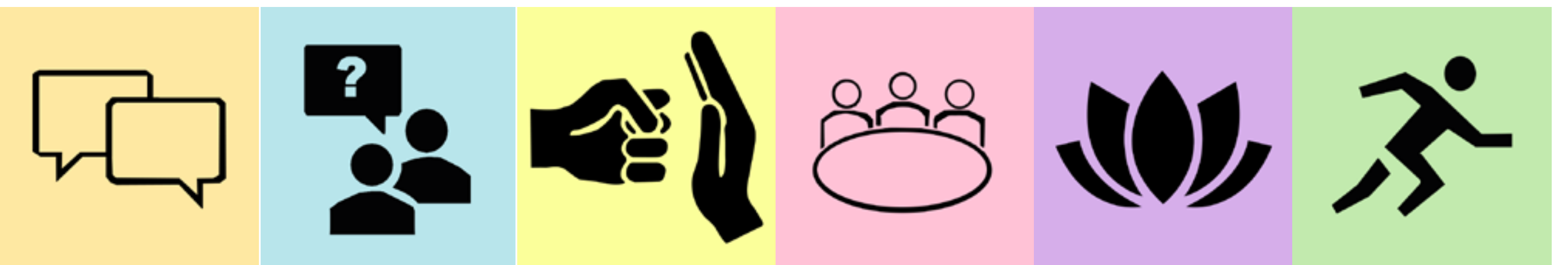
ADHD

Solutions CIC



ADHD Solutions is an independent initiative set up to support children, young people and adults who have ADHD, their families, and the professionals who are working with them. We have over 4,500 families on our database which is forever growing day by day. We provide help, support, family coaching and resources for children, young people and adults affected by ADHD and their families. This includes general help & advice, signposting, support groups, workshops: All about ADHD, Positive parenting solutions and many more.

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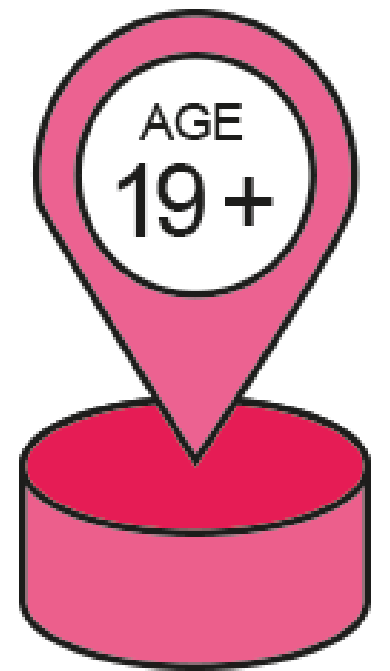
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Anna Freud



Bespoke clinical support and services for families

PLAY THERAPY

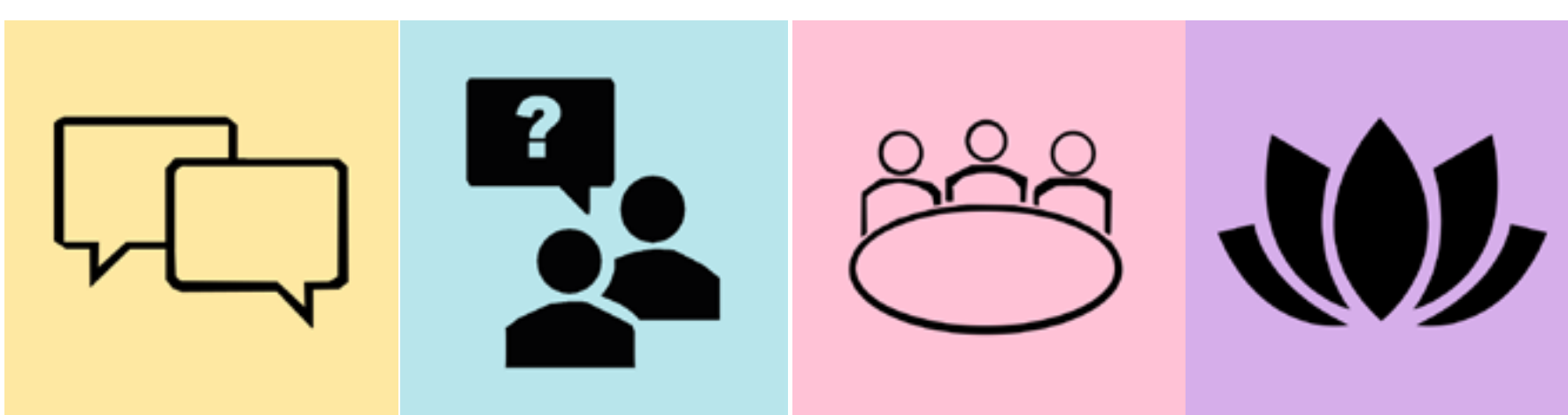
WAYS TO CONTACT :

phone | email
crisis SMS message

SENSITIVE

SPECIALIST

We listen to and learn from children and young people, work with them to build better solutions, and amplify their voices to aid better understanding of mental health conditions. By working with families we develop age-appropriate ways to com ... [READ MORE](#)



(0)20 7794 2313



**Crisis Messenger:
text AFC to 85258**



info@annafreud.org



www.annafreud.org

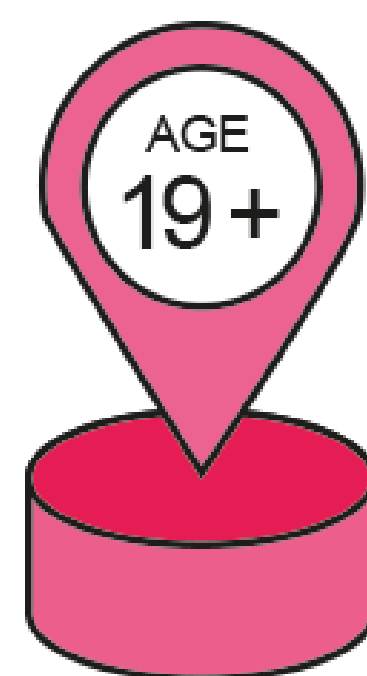
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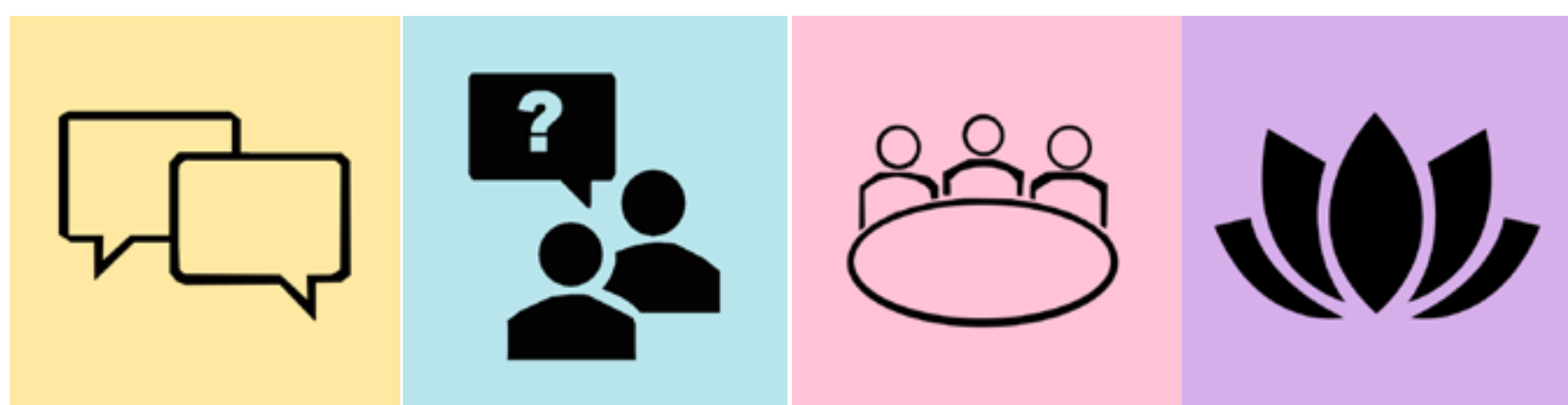


Anna Freud



We listen to and learn from children and young people, work with them to build better solutions, and amplify their voices to aid better understanding of mental health conditions. By working with families we develop age-appropriate ways to communicate; through talking, or playing, child & adolescent psychotherapists can help young people understand themselves better and make sense of their difficulties. start to recognise and manage emotions better, make and sustain relationships that are good for them, improve their behaviour and lessen distress and emotional pain.

◀ [BACK TO OVERVIEW](#)



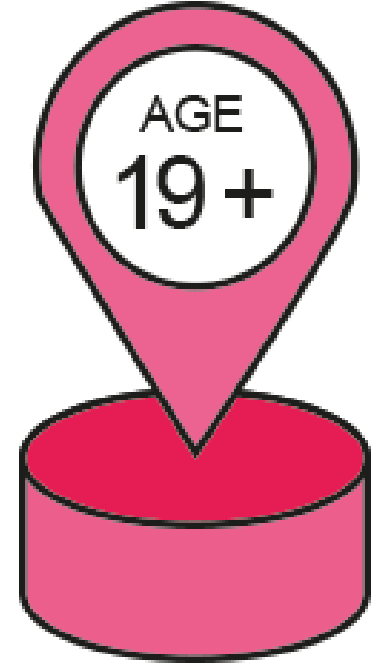
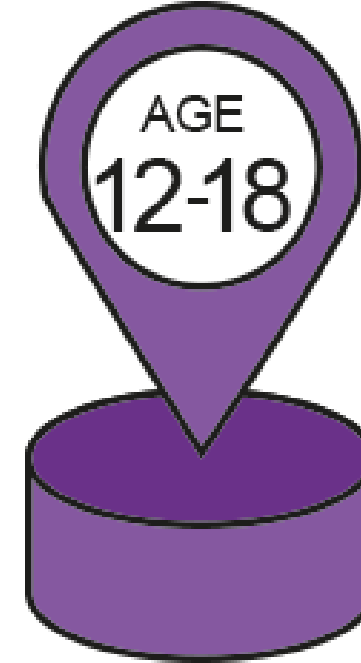
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Changing childhoods.
Changing lives.



Carefree Barnardos supporting young carers

SUPPORT →

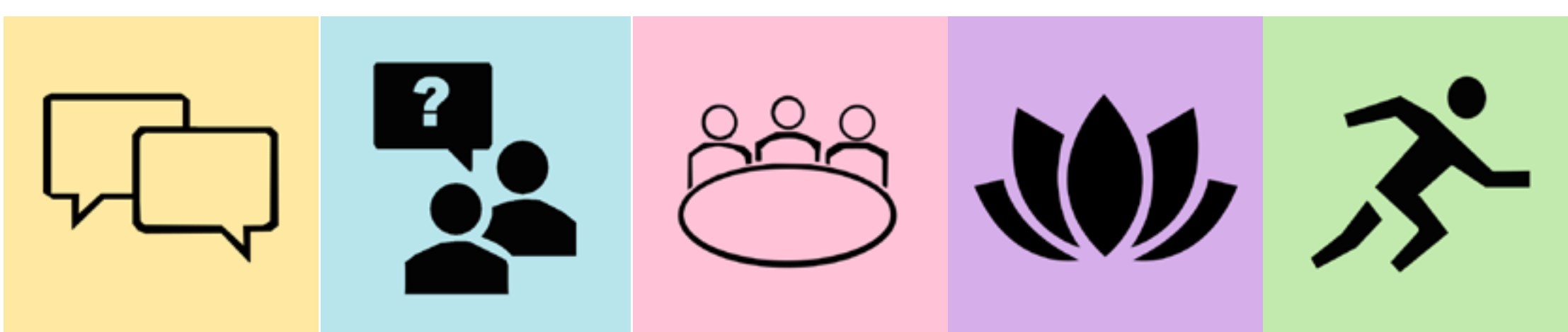
WAYS TO CONTACT :

phone | online resource
web-chat

GUIDANCE →

LIFE SKILLS →

We aim to help as many young carers as we can. We help them look after their loved ones and give them time to enjoy their childhoods. At our services across the UK we: organise outings and activities for young carers, give young carers advice and ... **READ MORE** ▶



0116 288 7182



www.barnardos.org.uk/get-support/support-for-young-people

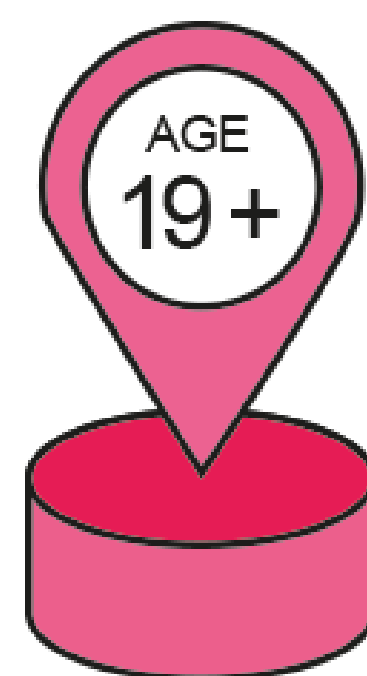
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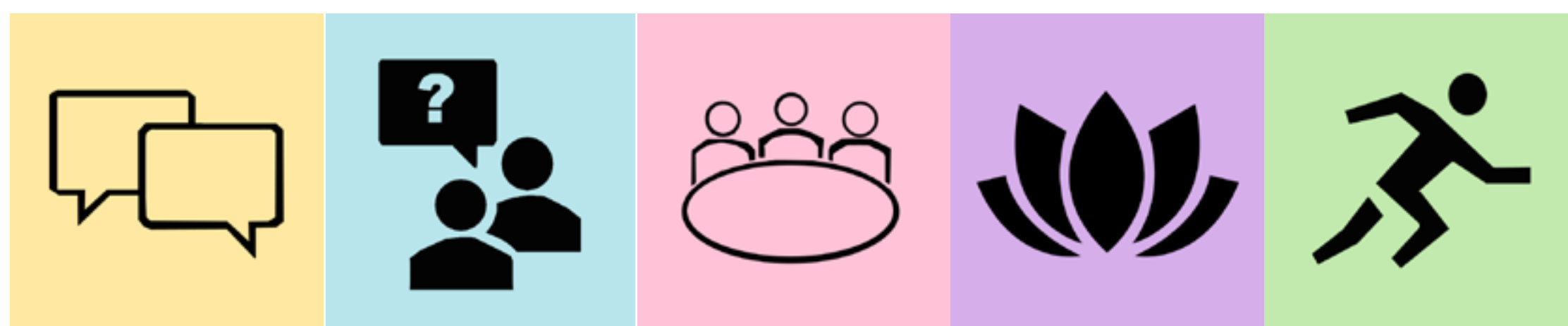


Changing childhoods.
Changing lives.



We aim to help as many young carers as we can. We help them look after their loved ones and give them time to enjoy their childhoods. At our services across the UK we: organise outings and activities for young carers, give young carers advice and emotional support through counselling sessions, help the family get support from social services, talk to a young carer's school so teachers understand their situation and can be supportive, run drop-in centres where young carers can take a break, have fun, be a child – and meet other young carers.

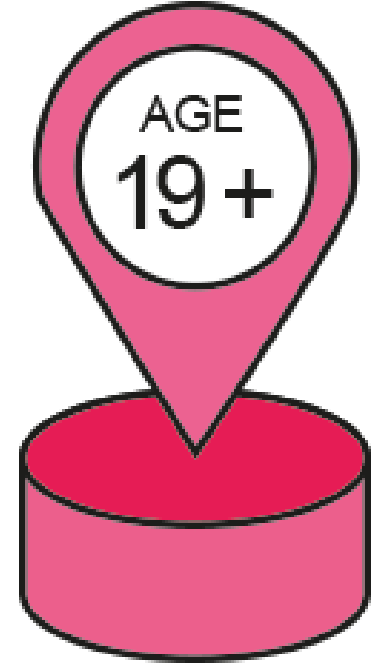
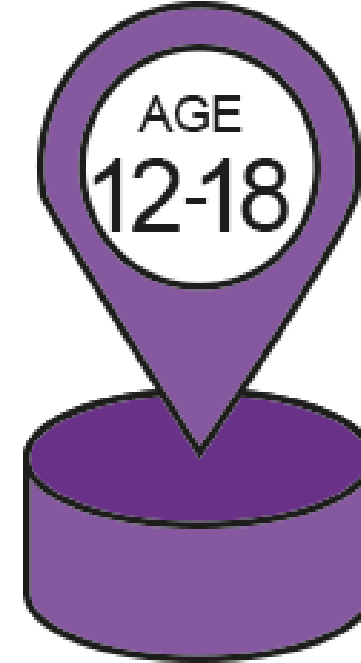
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Supporting families in
Leicester, Leicestershire and
Rutland

HEADLINE →

WAYS TO CONTACT :
phone | email | in person

HEADLINE →

HEADLINE →

Heads Up has been supporting families in Leicester, Leicestershire and Rutland since 1990. We can help young people and their parents with challenging behaviour and conflict, low mood and depression, worry and anxiety, low self confidence and low S€... READ MORE ►




 **0116 2234 254**

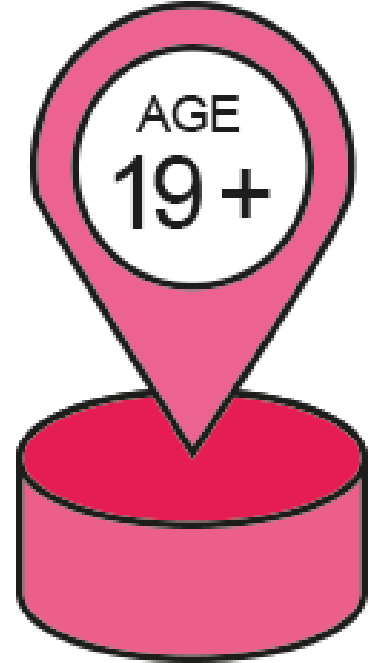
 **centre@cffcharity.org.uk**

 **177-179 Narborough Road, Leicester, Leicestershire, LE3 0PE**

 **www.headsupleicester.org.uk**

joy If you didn't find what you need, visit the Joy website





Heads Up has been supporting families in Leicester, Leicestershire and Rutland since 1990. We can help young people and their parents with challenging behaviour and conflict, low mood and depression, worry and anxiety, low self confidence and low self-esteem. We also help young parents (under 25) on their parenting journey from pregnancy through to their child turning 2 years old. Self referral is only available to the services mentioned on the website. Any other referrals need to come from a GP.

◀ [BACK TO OVERVIEW](#)



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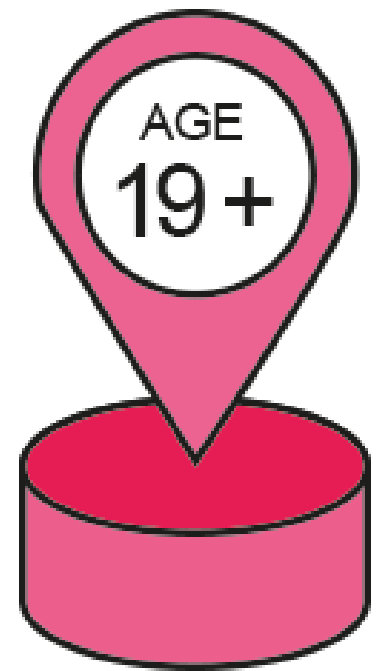
*If you didn't find what you need,
visit the Joy website*





Leicestershire Partnership
NHS Trust

Chat Autism



Confidential, safe, and easy
messaging service

CONFIDENTIAL

WAYS TO CONTACT :

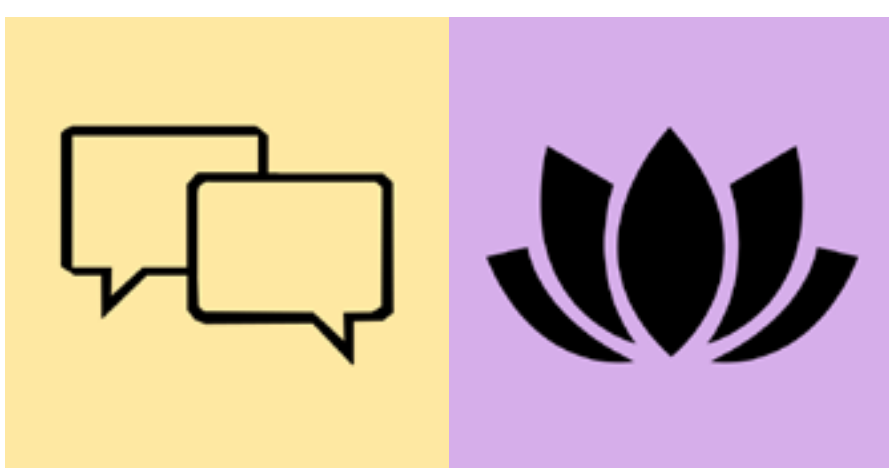
phone | SMS message
web-chat

SUPPORTIVE

ADVICE

Chat Autism offers support for autistic people and their parents/ carers/families or allies living in Leicester, Leicestershire and Rutland.

Qualified health professionals from the Specialist Autism tea ... [READ MORE](#) ▶



0116 225 6000



07312 277097



<https://chathealth.nhs.uk/start-a-chat/h/chatautism/>



www.leicspart.nhs.uk/autism-space/beyond-diagnosis/chatautism-text-messaging-support-service

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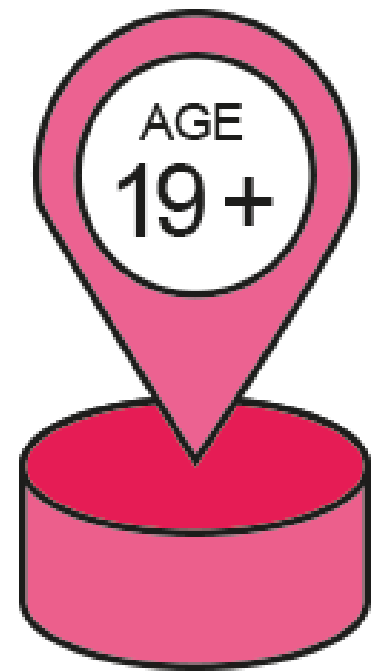
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visit the Joy website*





Leicestershire Partnership
NHS Trust

Chat Autism

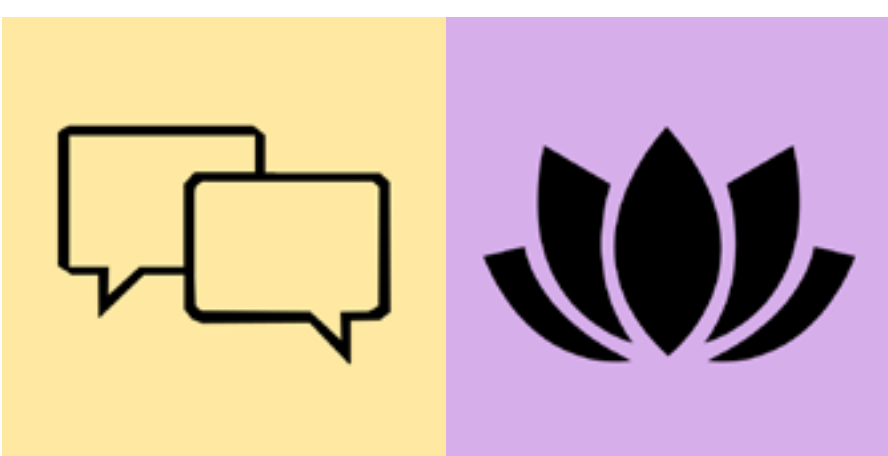


Chat Autism offers support for autistic people and their parents/ carers/families or allies living in Leicester, Leicestershire and Rutland.

Qualified health professionals from the Specialist Autism team can answer queries from autistic people, their families, carers and allies via text conversation.

It's a safe and easy way to get confidential help and advice on autism related issues.

[◀ BACK TO OVERVIEW](#)



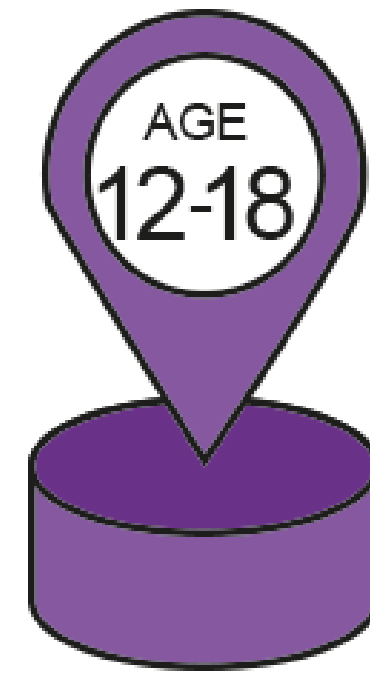
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childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Someone to talk to online, on the phone, anytime

SUPPORT →

WAYS TO CONTACT :

phone | helpline
online messaging board

HELPLINE →

CONFIDENTIAL →

Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, d ... **READ MORE** ▶



0800 1111



www.childline.org.uk/get-support/message-boards



www.childline.org.uk

joy

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visit the Joy website*



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night. The website includes top tips for making friends, relationship advice, mental health challenges. There is also an online messaging board to share your thoughts and read about other people's experiences.

◀ [BACK TO OVERVIEW](#)



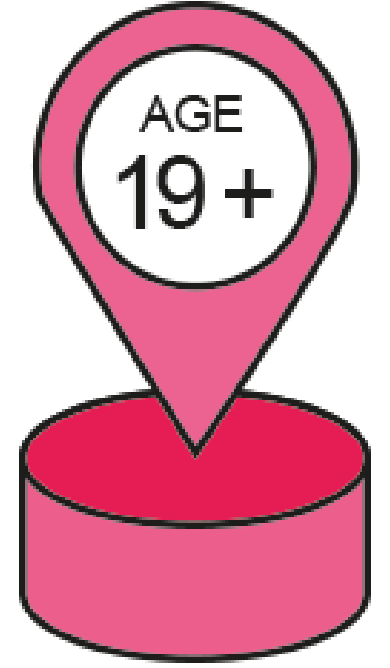
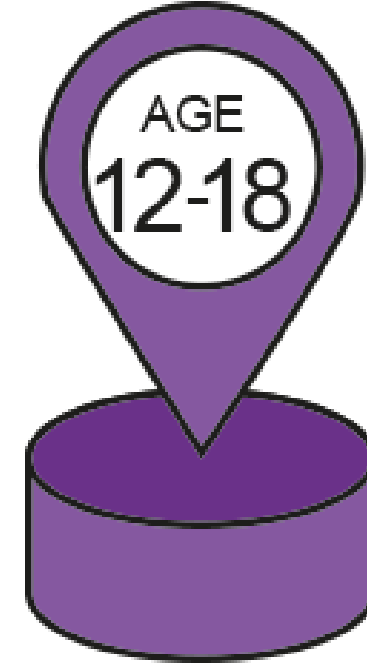
joy

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visit the Joy website*





Early help



Help and support for children, young people and families

SUPPORT

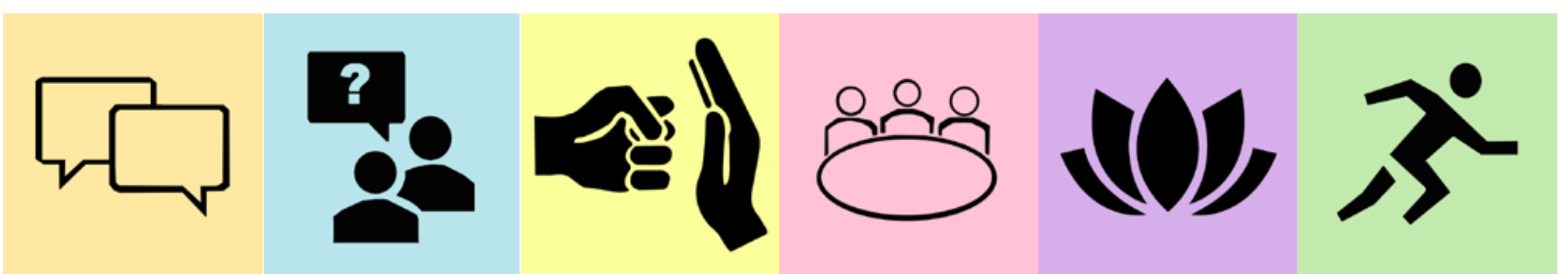
WAYS TO CONTACT :

phone | email

SIGNPOSTING

REFERRALS

Children and young people can experience a range of difficulties at any time in their life. Early help is for children and young people of any age and can come from all kinds of services and organisations who work together to support the family. You might be usi ... [READ MORE](#)



0116 454 1004



early-help@leicester.gov.uk



www.leicester.gov.uk/health-and-social-care/support-for-children-and-young-people/early-help

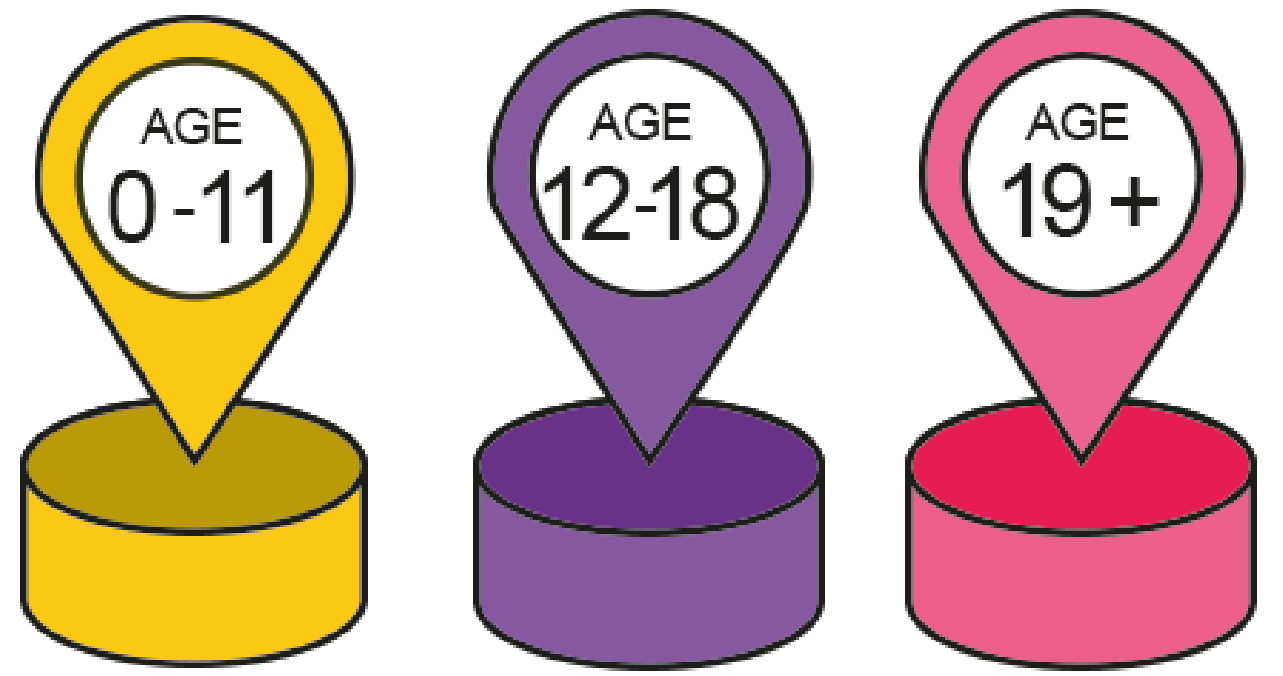
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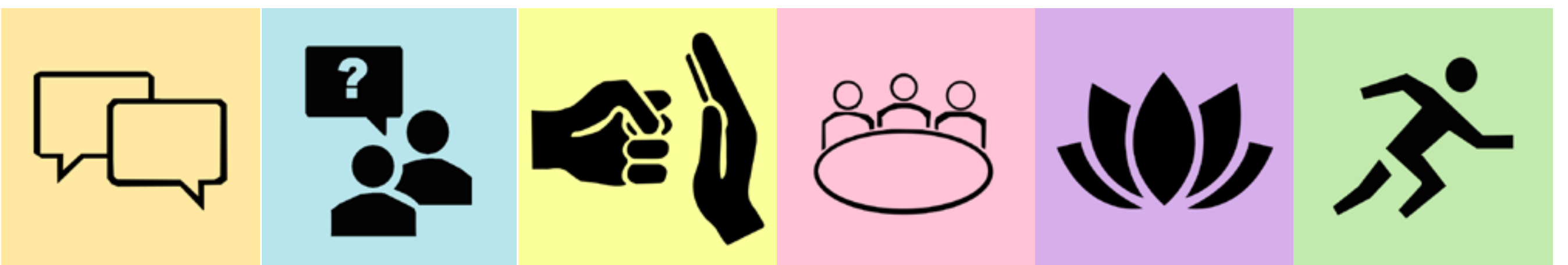
Early help



Children and young people can experience a range of difficulties at any time in their life. Early help is for children and young people of any age and can come from all kinds of services and organisations who work together to support the family. You might be using some of these services already, but we want to make sure they are providing the right support for you and your family's needs.

Find quick links, early help assessment and referral information on the web page.

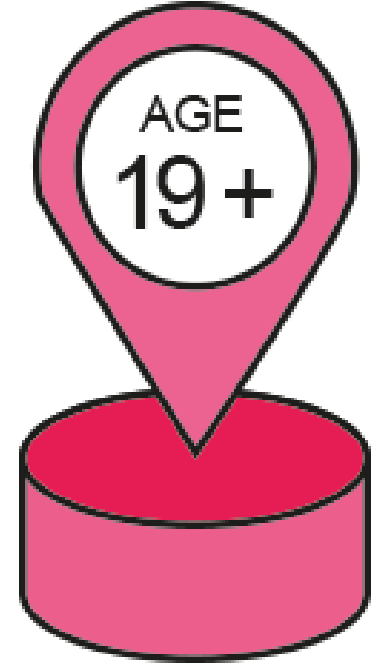
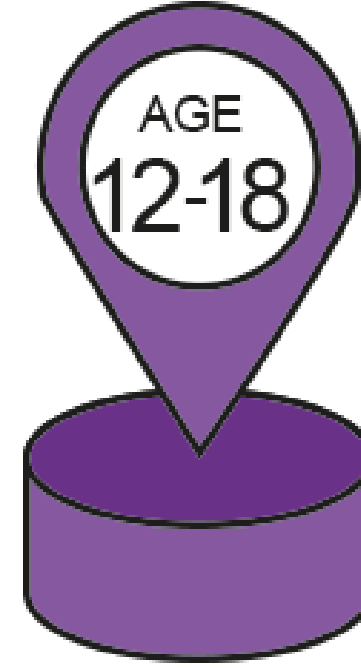
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joy

*If you didn't find what you need,
visit the Joy website*





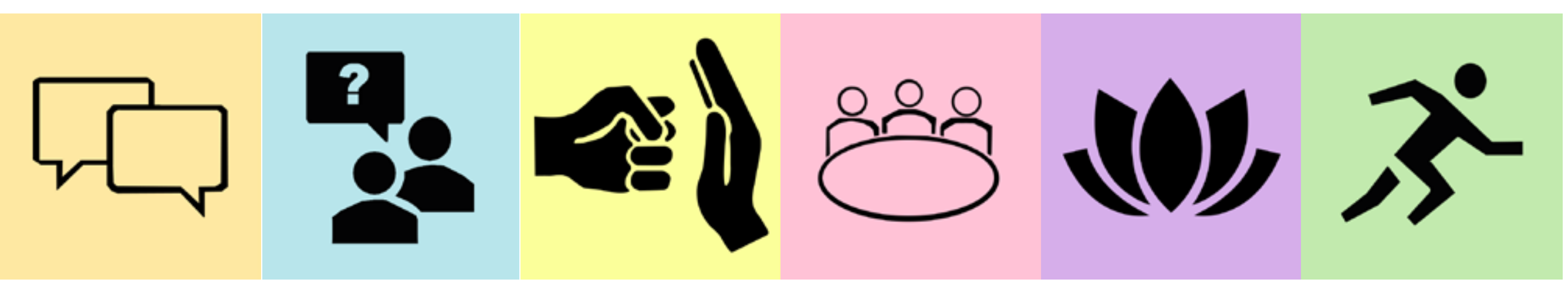
Help and support for children, young people and families



WAYS TO CONTACT :
phone | online form



Children and Family Wellbeing Service (CFWS) provides early help services – these are services which may be offered at any point in a child or young person’s life, where the child is experiencing some difficulties which cannot be supported by universal se... READ MORE ▶



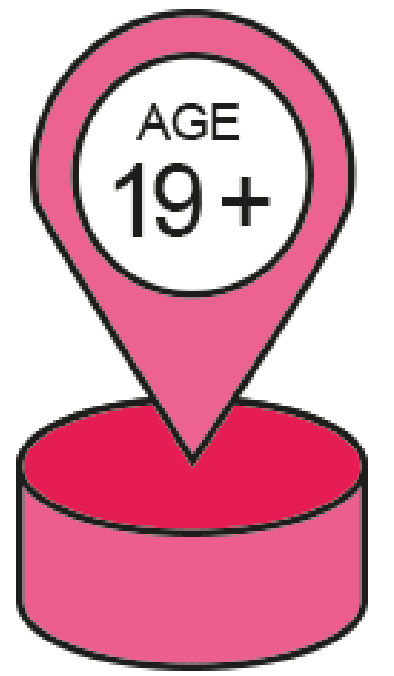
0116 305 8727
<https://resources.leicestershire.gov.uk/education-and-children/child-protection-and-safeguarding/early-help>

joy If you didn't find what you need, visit the Joy website



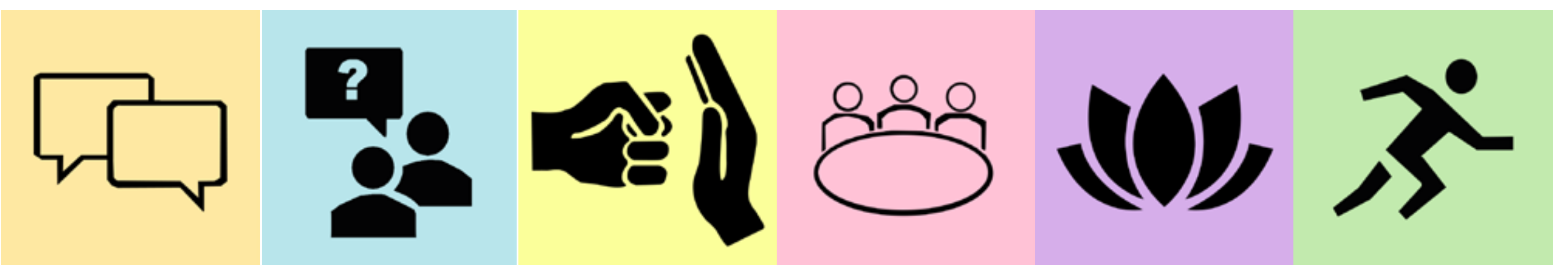


Early Help



Children and Family Wellbeing Service (CFWS) provides early help services – these are services which may be offered at any point in a child or young person’s life, where the child is experiencing some difficulties which cannot be supported by universal services, such as schools or GP, alone. All referrals into Family Help are first taken by social workers in our First Response Children’s Duty team. A request for support can be made via online form.

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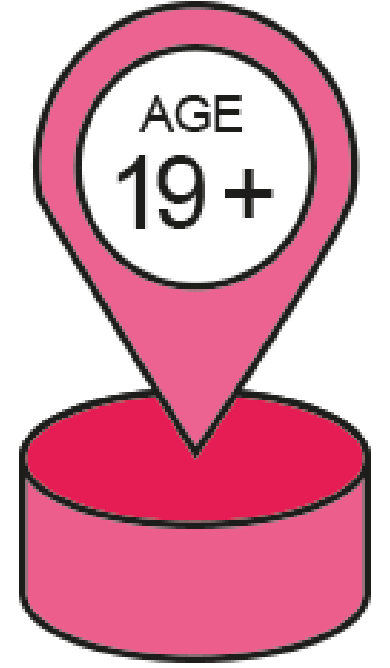
joy

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visit the Joy website*





Family support from early help services



Help and support for children, young people and families

SUPPORT

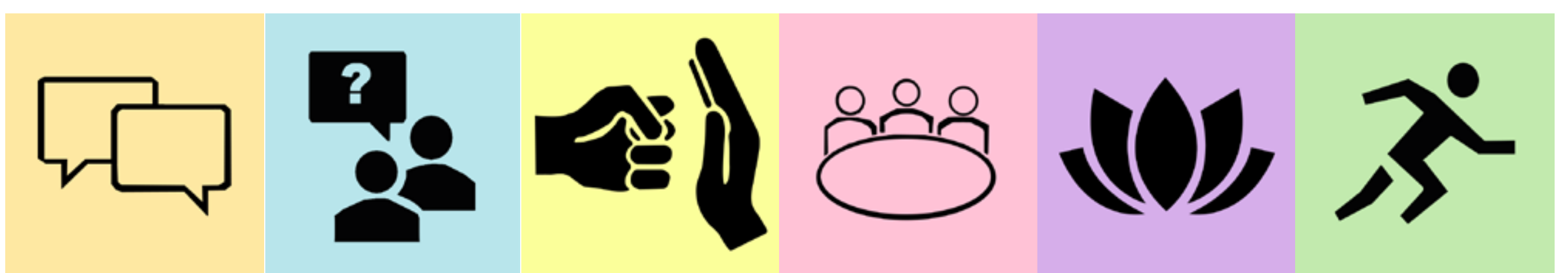
WAYS TO CONTACT :

phone | email | online form

SIGNPOSTING

REFERRALS

Early help is not a single service - it's a range of services, processes and interactions that aim to help children, young people and their families at the earliest opportunity. Early help offers support to families who'd like help to overcome any difficulties they're facing, ... **READ MORE** ▶



01572 758 493



earlyhelp@rutland.gov.uk



www.rutland.gov.uk/children-young-people-families/family-support-early-help-services

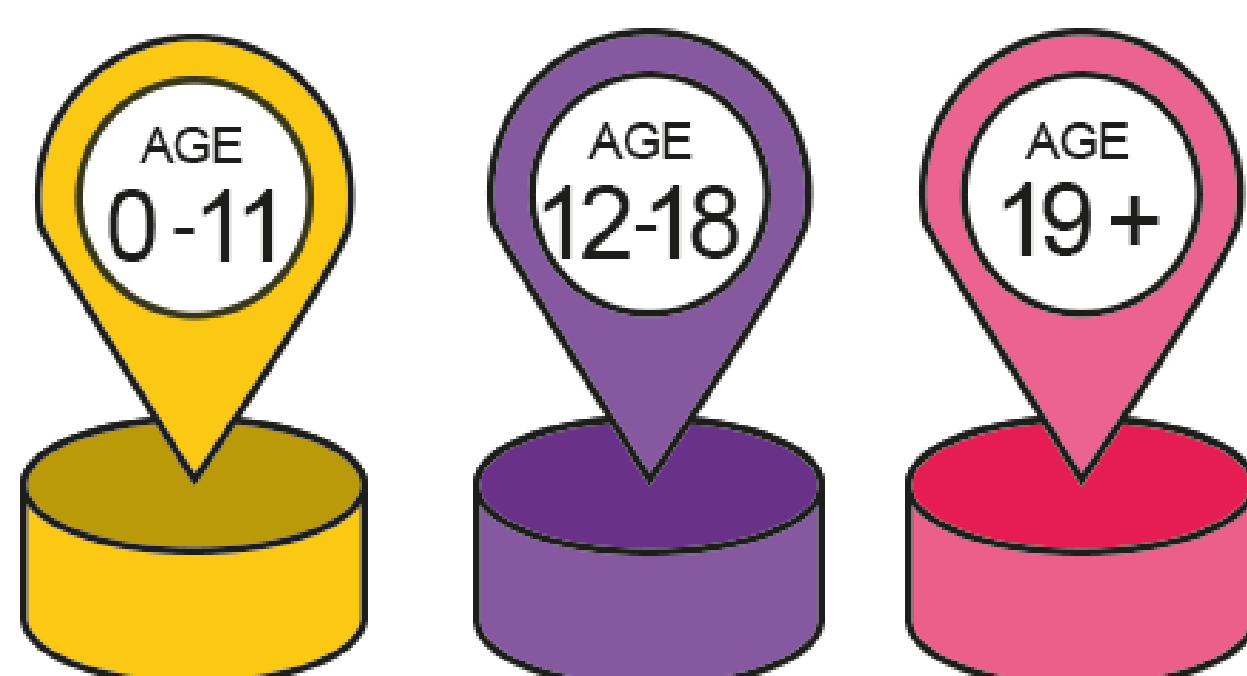
joy

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Family support from
early help services



Early help is not a single service - it's a range of services, processes and interactions that aim to help children, young people and their families at the earliest opportunity. Early help offers support to families who'd like help to overcome any difficulties they're facing, before they become more serious . It's about getting the right support at the right time. If you feel your family may benefit from early help support, you can ask any professional you feel comfortable talking to complete an early help assessment with you.

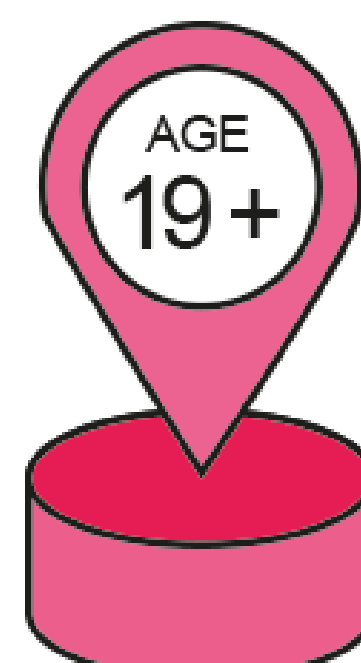
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visit the Joy website*





Expert advice, practical tips,
and plenty of help and support

ADVICE →

WAYS TO CONTACT :

web based resources

SUPPORT →

SIGNPOSTING →

There are small things we can all do to help be kind to your mind, and these can make a big difference to how we feel. Get expert advice and practical tips to help you look after your mental wellbeing and make them part of your daily routine. [websit ... READ MORE](#) ▶

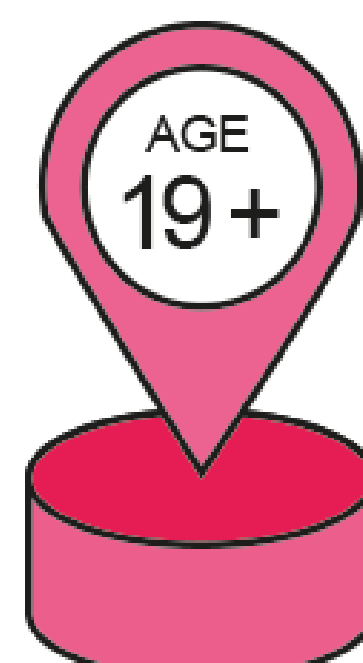


www.nhs.uk/every-mind-matters

joy

*If you didn't find what you need,
visit the Joy website*





There are small things we can all do to help be kind to your mind, and these can make a big difference to how we feel. Get expert advice and practical tips to help you look after your mental wellbeing and make them part of your daily routine. website includes wellbeing tips, support with mental health issues, how to approach life's challenges, advice on how to support others and information if you need urgent support

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Post Sexual Abuse (PSA) Service



Family Action post sexual abuse counselling

THERAPEUTIC

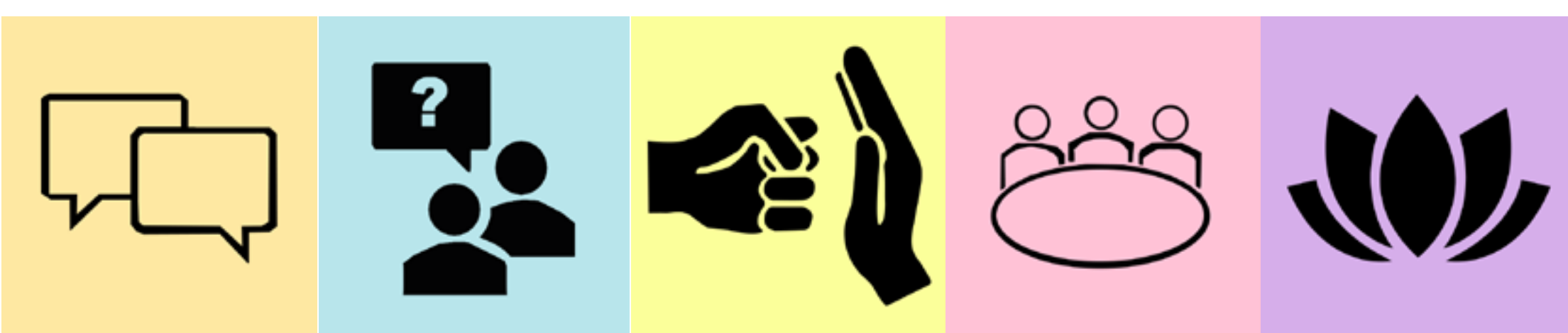
WAYS TO CONTACT :

phone | email
by post | in person

SPECIALIST

SUPPORT

Family Action post sexual abuse counselling service supports children and young people up to the age of 18 who have experienced sexual abuse. This is a free and confidential service. Our aim is to improve the mental health and emotional wellbeing ... READ MORE ▶



0116 216 8334



Leicester@family-action.org.uk



**PSA Service, Fosse Neighbourhood Centre,
Mantle Road, Leicester LE3 5HG**



www.family-action.org.uk/psa

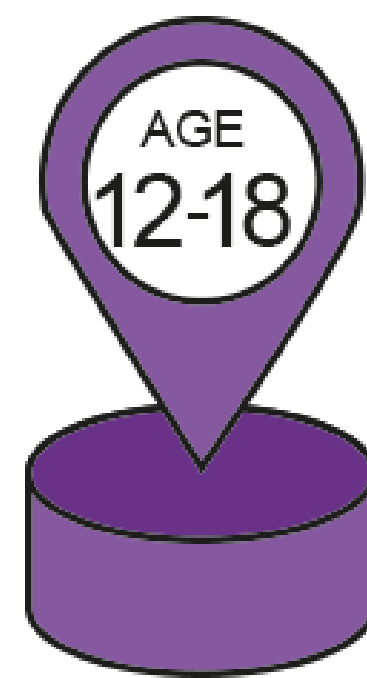
joy

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visit the Joy website*



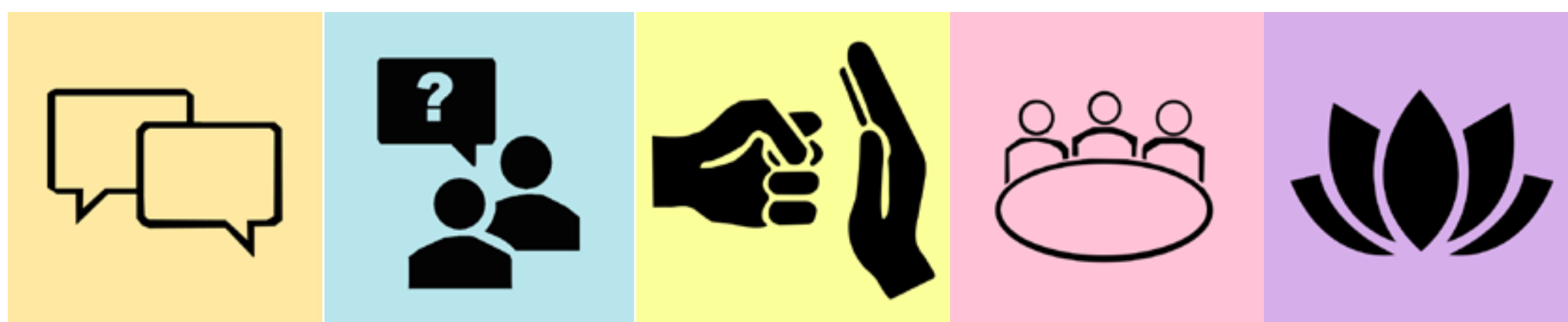


Post Sexual Abuse (PSA) Service



Family Action post sexual abuse counselling service supports children and young people up to the age of 18 who have experienced sexual abuse. This is a free and confidential service. Our aim is to improve the mental health and emotional wellbeing of children and young people, and bring about greater stability in their lives. Referrals can come from parents, carers or professionals. A self referral can be made by a person 16 or over. Referral form online or via phone.

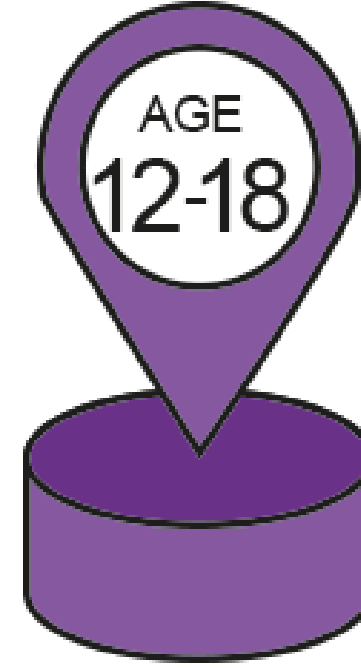
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If you didn't find what you need, visit the Joy website





Resource for young people to find out about health support

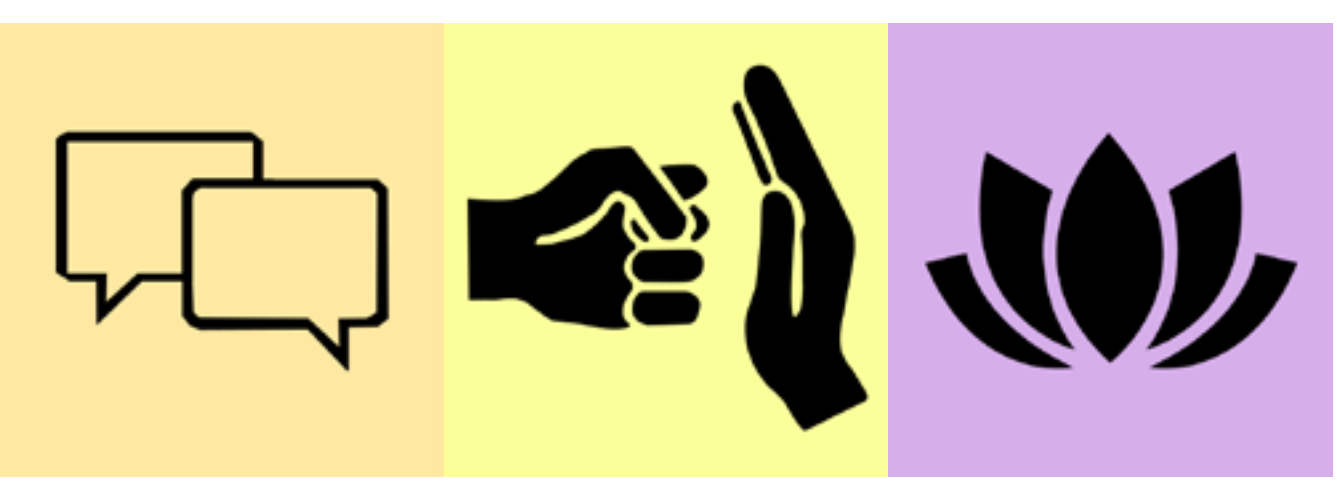
SIGNPOSTING →

WAYS TO CONTACT :
web based resources and links


INFORMATION →

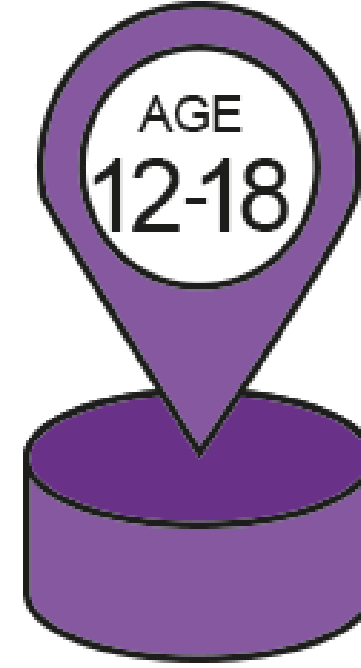
RESOURCES →

Health for Teens is a fantastic resource for young people to find out more about health, covering the likes of feelings, growing up, health, lifestyle, relationships and sexual health. Young people can also access localised information, news, resources, public h ... **READ MORE** ▶



 www.healthforteens.co.uk/leicestercity

joy If you didn't find what you need, visit the Joy website 



Health for Teens is a fantastic resource for young people to find out more about health, covering the likes of feelings, growing up, health, lifestyle, relationships and sexual health. Young people can also access localised information, news, resources, public health (school) nurse information and more in the Leicester, Leicestershire and Rutland area of the health for teens site.

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*If you didn't find what you need,
visit the Joy website*



Health for Kids!



Health articles and stories to stay healthy and happy

INFORMATION →

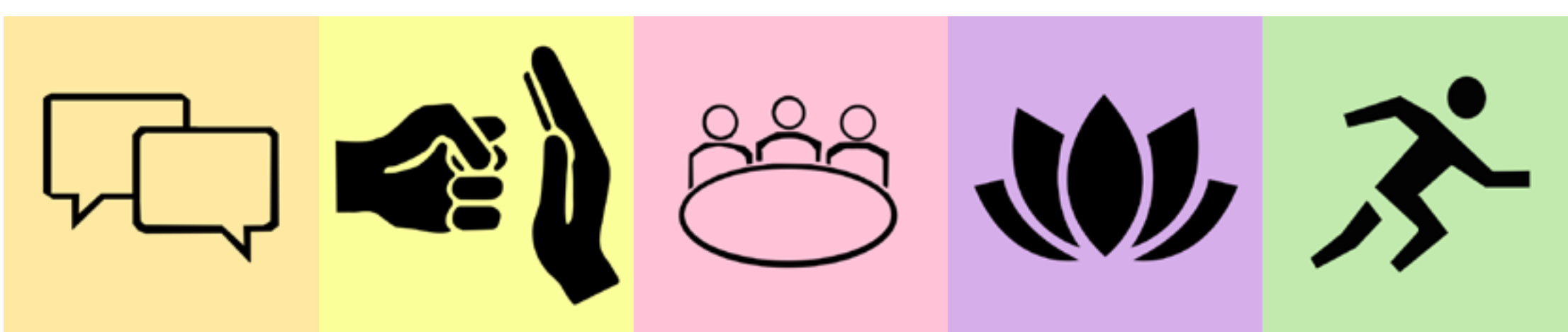
WAYS TO CONTACT :

web based resources and links

RESOURCES →

SIGNPOSTING →

A health information and promotion website, covering important features of a child's health and development, including healthy minds, healthy bodies, health issues and where to get professional help and support. The site is split into kids a... **READ MORE** ▶



kids: www.healthforkids.co.uk



grown-ups: www.healthforkids.co.uk/leicestershire

joy

*If you didn't find what you need,
visit the Joy website*





A health information and promotion website, covering important features of a child's health and development, including healthy minds, healthy bodies, health issues and where to get professional help and support. The site is split into kids advice and parent or grown-ups advice. There are lots of articles and stories to help keep you healthy and happy. Learn about how to keep fit, healthy and happy whilst looking after the mind as well as the body.

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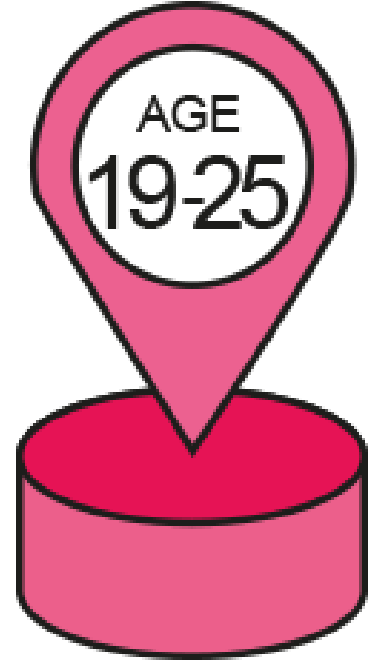
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Leicestershire Partnership
NHS Trust

Health & Wellbeing



Mental Health and well-being support

INFORMATION →

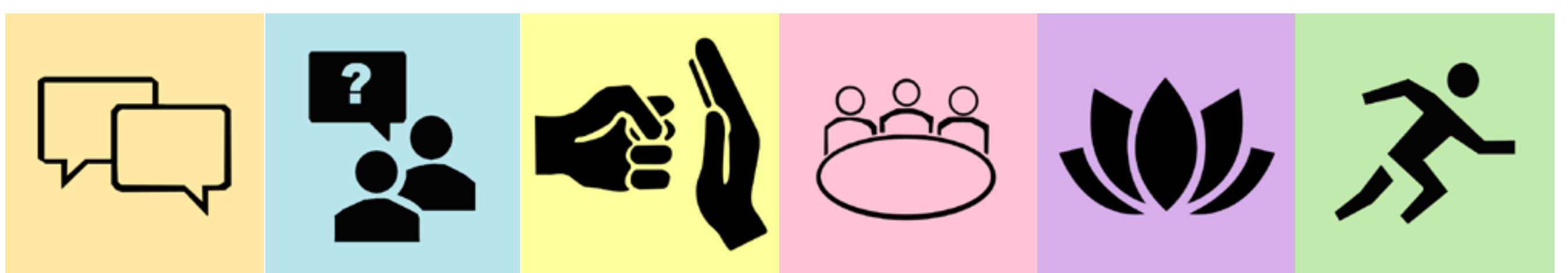
WAYS TO CONTACT :

phone | email

SUPPORT →

SIGNPOSTING →

Here you can find a range of support for your mental health and overall wellbeing. There's also information for parents, carers and professionals on the support that's available for young people across Leicester, Leicestershire and Rutland. You can browse ... **READ MORE** ▶



0116 2256000



LPT.feedback@nhs.net



www.leicspart.nhs.uk/mental-health/resources/conditions/young-people

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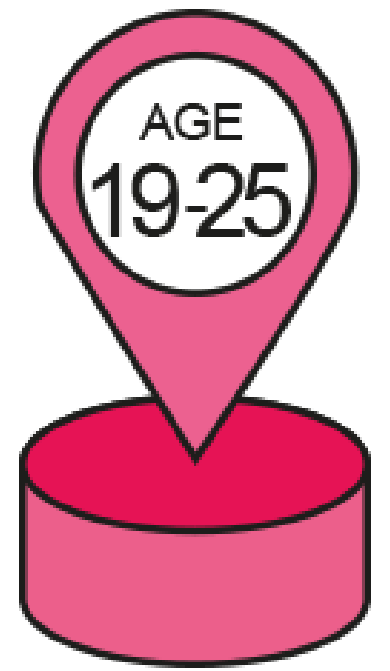
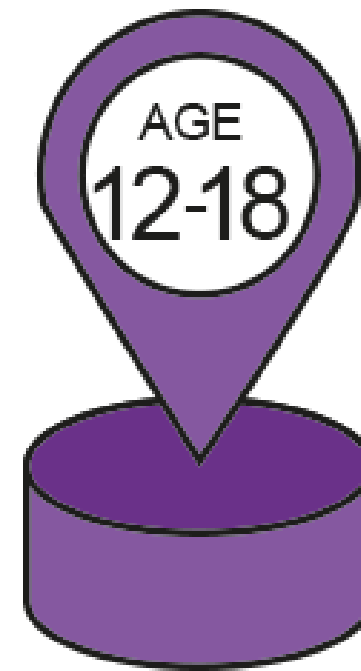
If you didn't find what you need, visit the Joy website





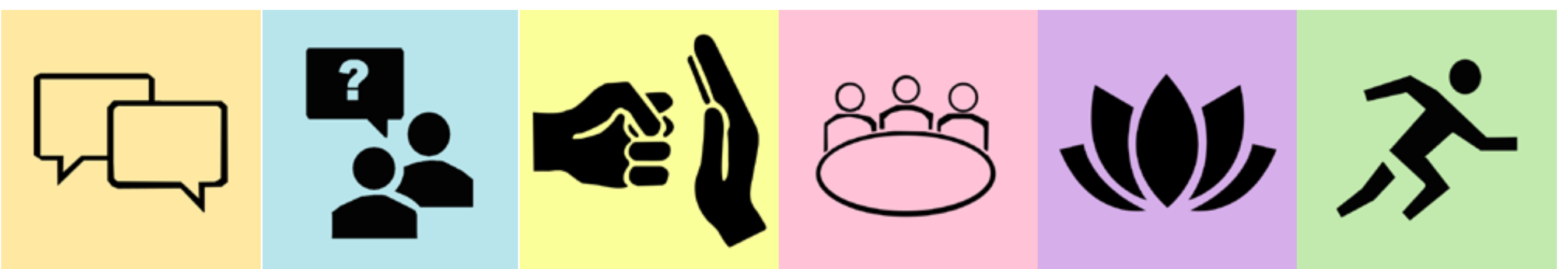
Leicestershire Partnership
NHS Trust

Health & Wellbeing



Here you can find a range of support for your mental health and overall wellbeing. There's also information for parents, carers and professionals on the support that's available for young people across Leicester, Leicestershire and Rutland. You can browse and download helpful resources for children and young people's mental health and wellbeing. Explore how you are feeling, use our guide to explore how you have been feeling and find suitable support for your needs or for the needs of others. Find lots of self-help resources and begin to understand how you are feeling and find ways to manage your emotions.

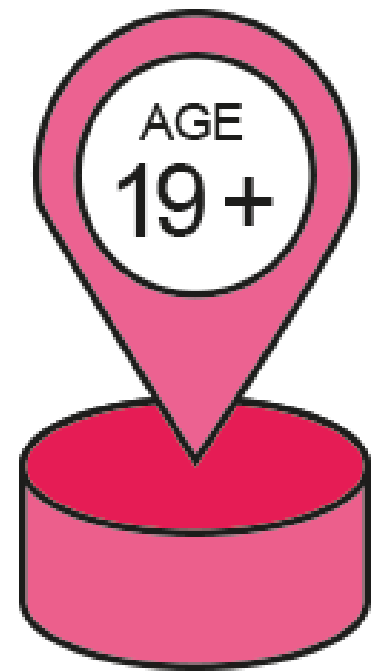
◀ BACK TO OVERVIEW



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*If you didn't find what you need,
visit the Joy website*





24/7 free & confidential advice
& support

CONFIDENTIAL

WAYS TO CONTACT :

online resources
24hr TEXT helpline

ADVICE

Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. To start a conversation, text the word 'Shout' to 85258. Trained Shout Volunteers are here to listen at any time of day or night and messages won't appear ... READ MORE



Text: 'Shout' to 85258

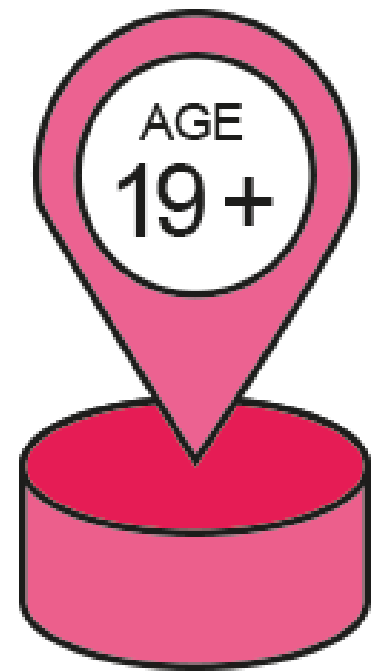


www.giveusashout.org

joy

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visit the Joy website*





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If your life is at imminent risk, please call the emergency services on 999.

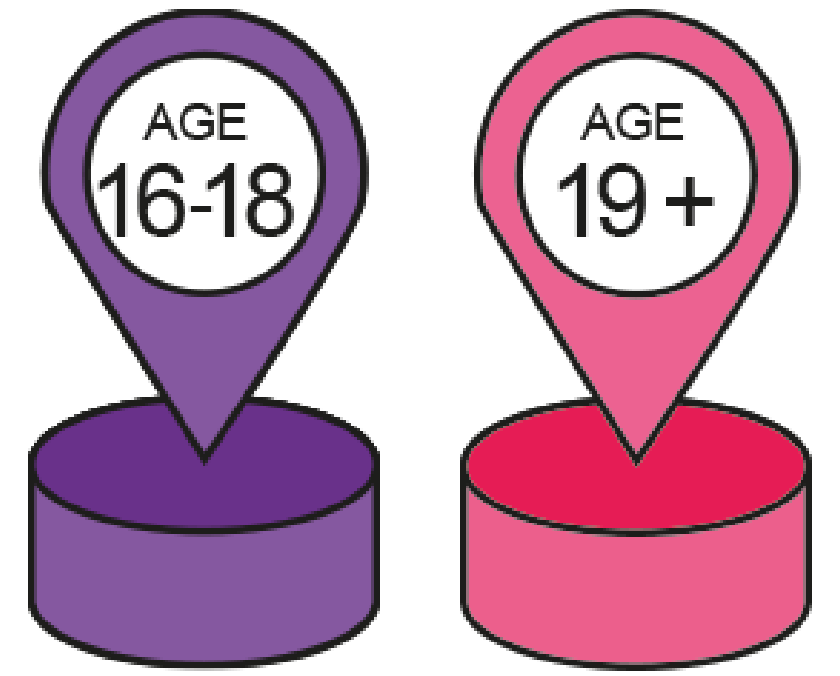
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Special Educational Needs & Disability Information

INFORMATION →

WAYS TO CONTACT :
phone | email | by post

SUPPORT →

ADVICE →

Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) Leicester offers free, confidential and impartial information, advice and support to parents and carers of young people aged 0-25 with special educational need ... READ MORE ▶




 **0116 482 0870**

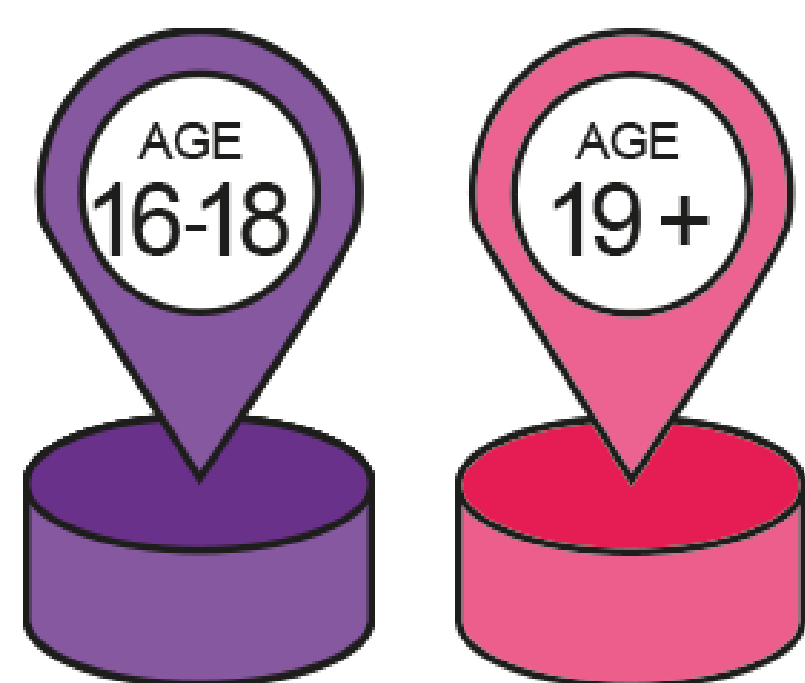
 **info@sendiassleicester.org.uk**

 **SENDIASS Leicester, 1st Floor Alliance House, 6 Bishop Street, Leicester LE1 6AF**

 **www.sendiassleicester.org.uk**

joy If you didn't find what you need, visit the Joy website

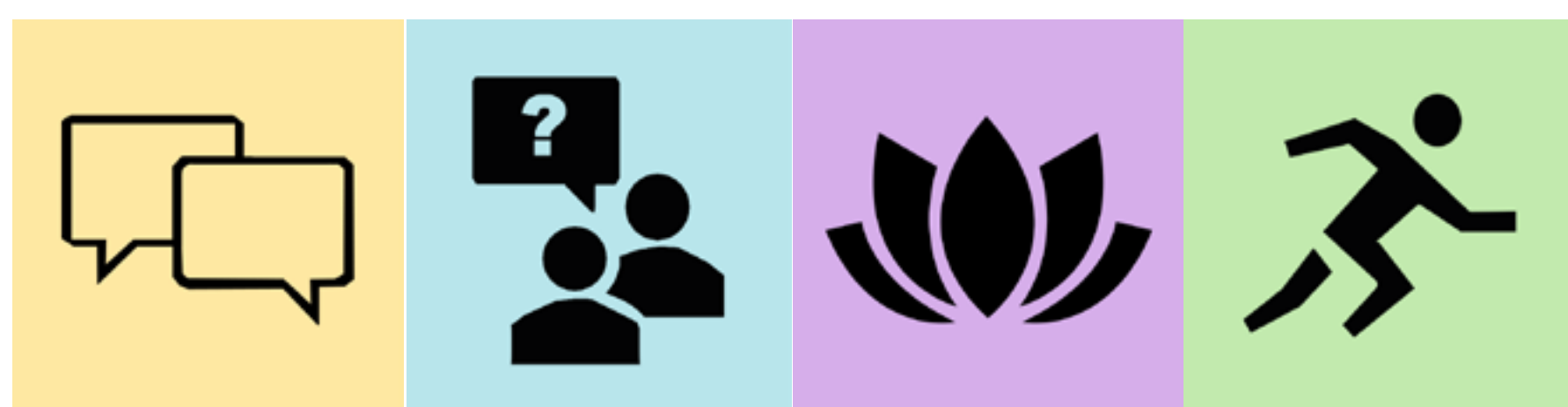




SENDIASS Leicester offers free, confidential and impartial information, advice and support to parents and carers of young people aged 0-25 with special educational needs or disabilities (SEND) as well as young people themselves.

Help for parents and carers of children and young people aged 0 – 25 in Leicester City, who are concerned about their child/young persons educational progress or the support they are receiving

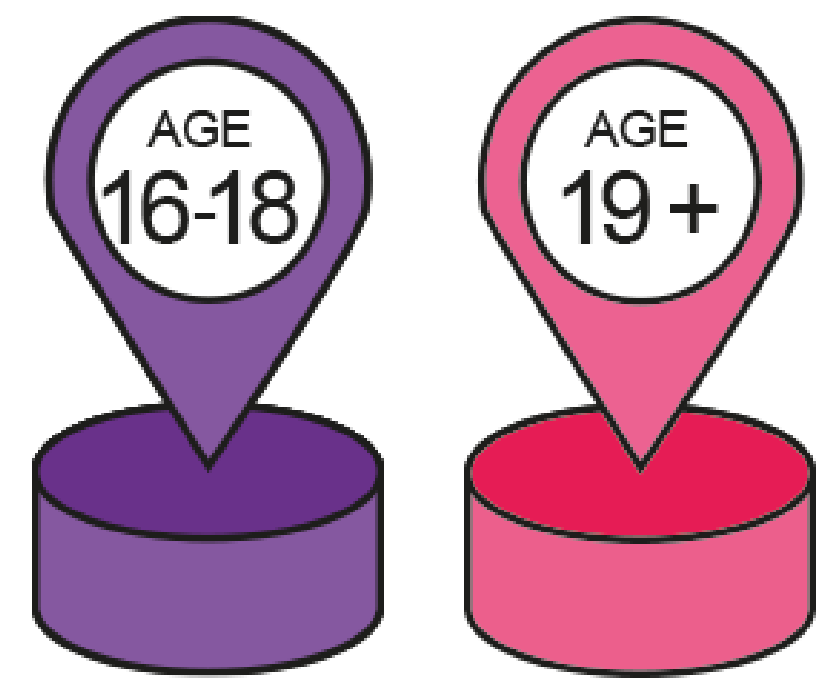
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visit the Joy website*





Special Educational Needs & Disability Information

INFORMATION →

WAYS TO CONTACT :

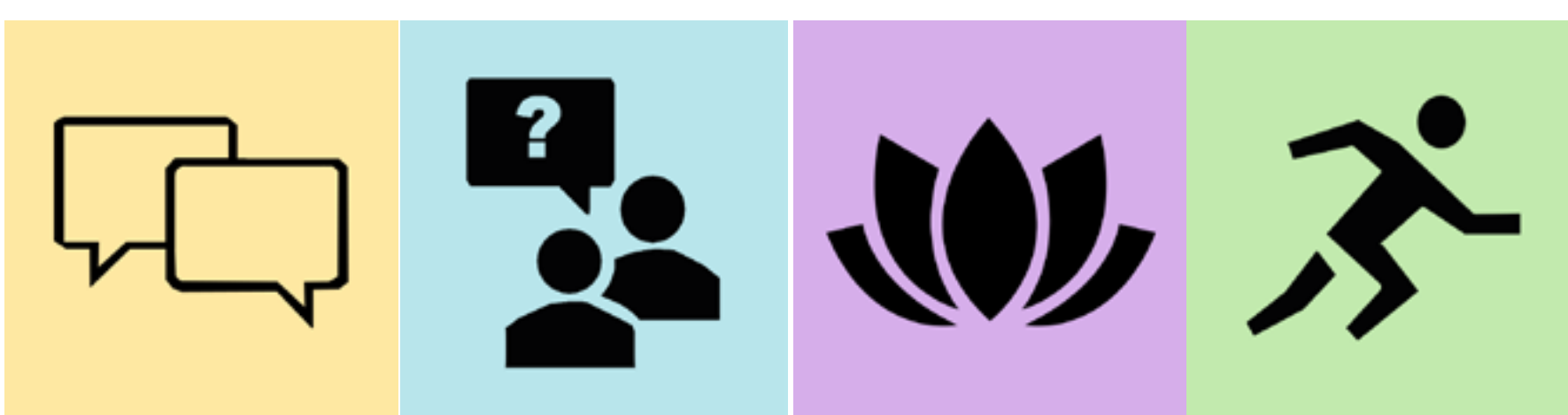
phone | email | SMS message
by post | web-chat | in person

SUPPORT →

ADVICE →

Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)

Leicestershire, is a statutory service. We provide free, impartial and confidential advice and support to parents and carers of young people aged 0-25 ... READ MORE ▶



0116 305 5614



info@sendiassleicestershire.org.uk

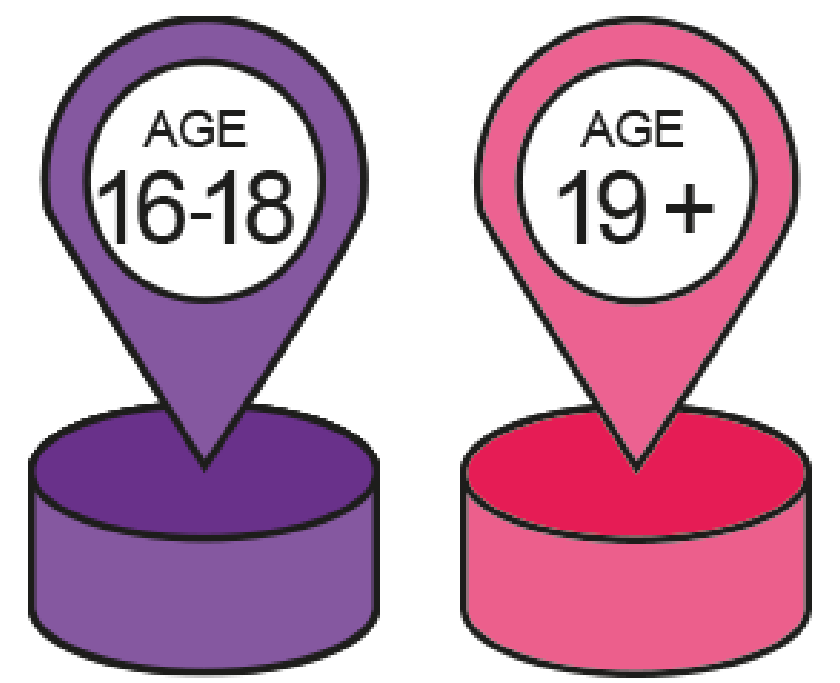


www.sendiassleicestershire.org.uk

joy

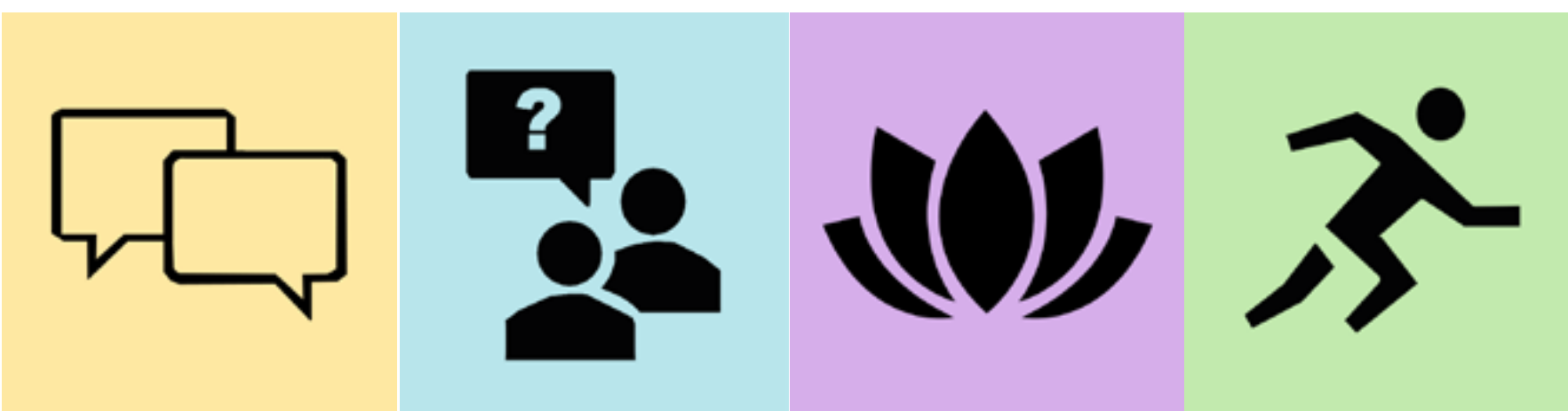
*If you didn't find what you need,
visit the Joy website*





Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) Leicestershire, is a statutory service. We provide free, impartial and confidential advice and support to parents and carers of young people aged 0-25 with special education needs or disabilities as well as young people themselves. We advise on all matters relating to SEND, including education, health and social care issues.

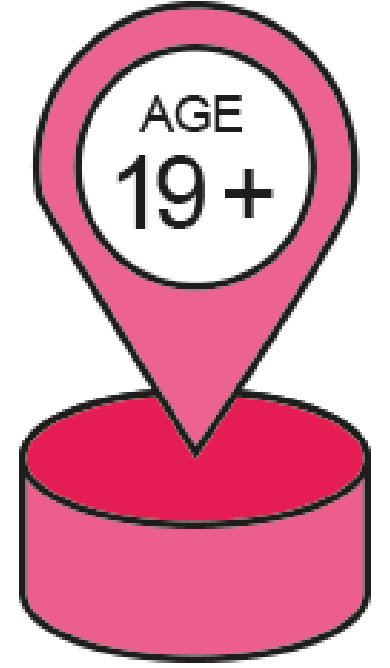
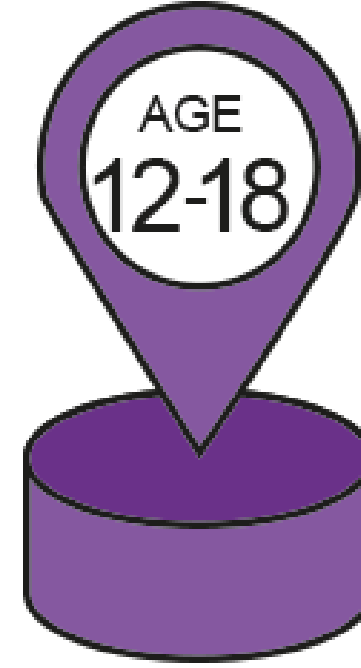
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Special Educational Needs & Disability Information

INFORMATION →

WAYS TO CONTACT :
phone | email | SMS message
by post | web-chat | in person

SUPPORT →

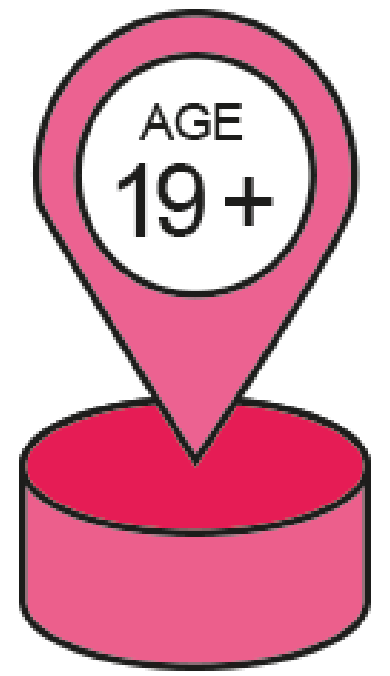
ADVICE →

Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) Rutland offers free, confidential and impartial information, advice and support to parents and carers of young people aged 0-25 with special educational need ... READ MORE ▶



0797 701 5674
 info@sendiassrutland.org.uk
 c/o SENDIASS Leicester, 1st Floor Alliance House, 6 Bishop Street, Leicester LE1 6AF
 www.sendiassrutland.org.uk

joy If you didn't find what you need, visit the Joy website



SENDIASS Rutland offers free, confidential and impartial information, advice and support to parents and carers of young people aged 0-25 with special educational needs or disabilities (SEND) as well as young people themselves. We can offer you advice and information on key issues like Special Educational Needs and provision. We can also offer support on Education, Health and Care Needs Assessments and Plans and matters relating to social care and health. We can help you to access the services you need and put you in touch with other services that could help you.

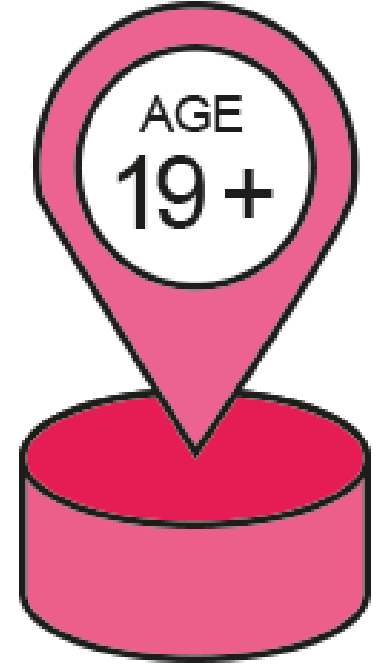
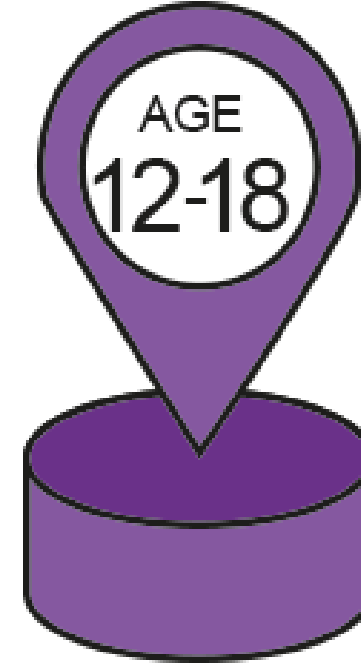
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visit the Joy website*





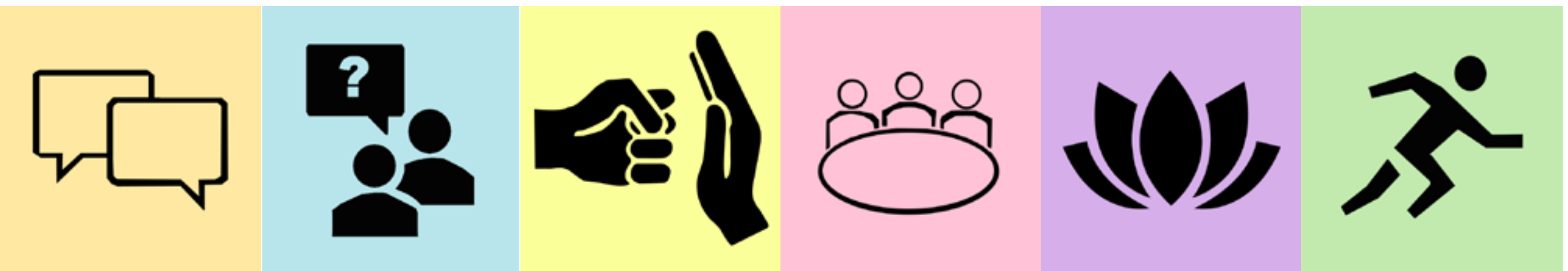
We support people to explore ways of resolving conflict



WAYS TO CONTACT :
phone | by post
in person



We support young people and their families to reduce the likelihood that a young person will face homelessness in both the immediate and distant future. We believe that resolving conflict can have substantial benefits on individuals' mental health ... READ MORE ▶




 **01509 260500**

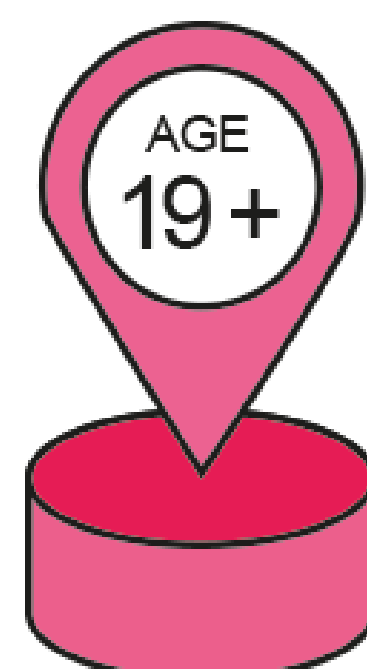
 **Free Phone: 0800 038 5964**

 **The Bridge, John Storer House, Ward's End, Loughborough LE11 3HA**

 **www.thebridge-eastmidlands.org.uk/services/youth-services**

joy If you didn't find what you need, visit the Joy website





We support young people and their families to reduce the likelihood that a young person will face homelessness in both the immediate and distant future. We believe that resolving conflict can have substantial benefits on individuals' mental health and wellbeing, leading to a more positive future. Often this involves working through a number of issues, which may include:

Arguments and disagreements

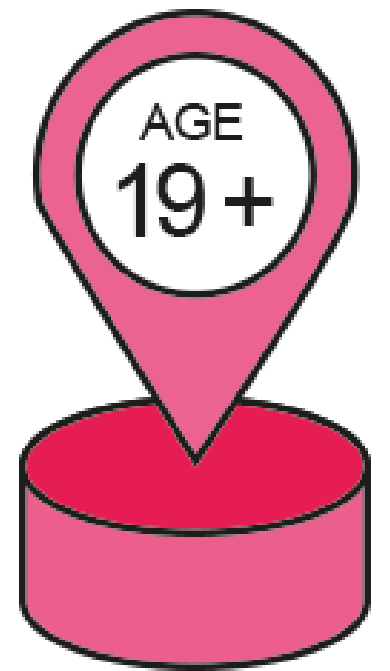
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Providing co-ordinated sexual and domestic violence services

CONFIDENTIAL →

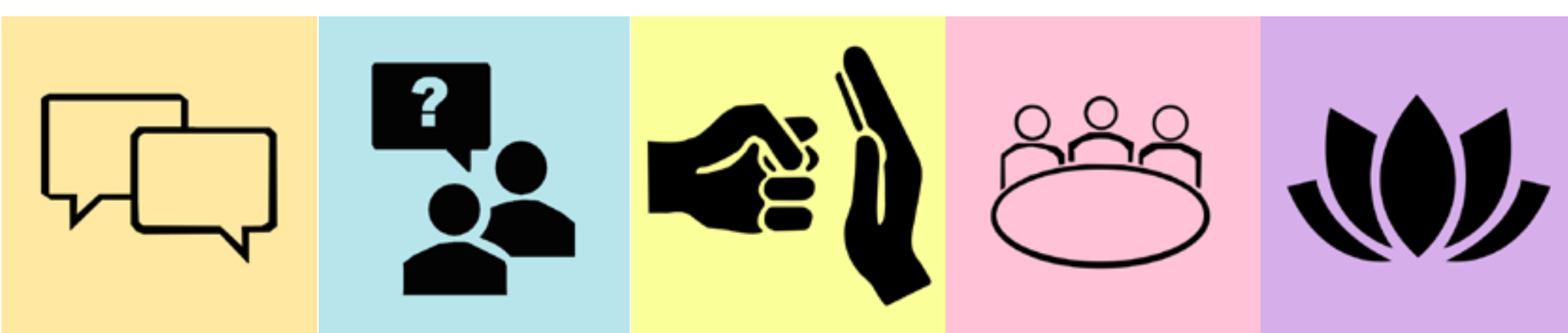
WAYS TO CONTACT :

email | web leaflet
referral email

PROFESSIONAL →

SUPPORT →

UAVA Ltd is a consortium of three local specialist providers of domestic abuse and sexual violence services. Providing strength, security and freedom from domestic abuse. We aim to provide a simplified service for both service users and pr ... **READ MORE** ▶



info@freeva.org.uk



referrals@uava.org.uk.cjism.net

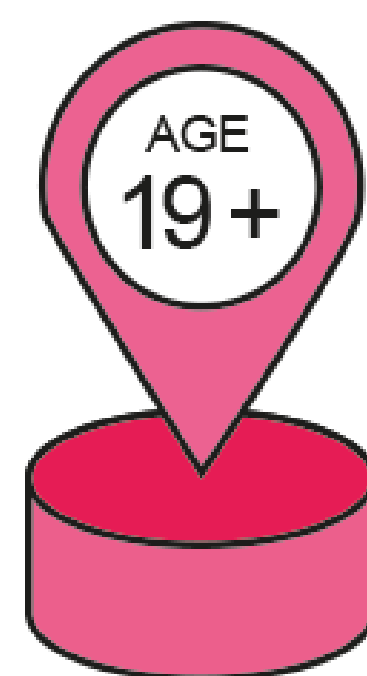


www.freeva.org.uk/portfolio/sexual-violence-services/

joy

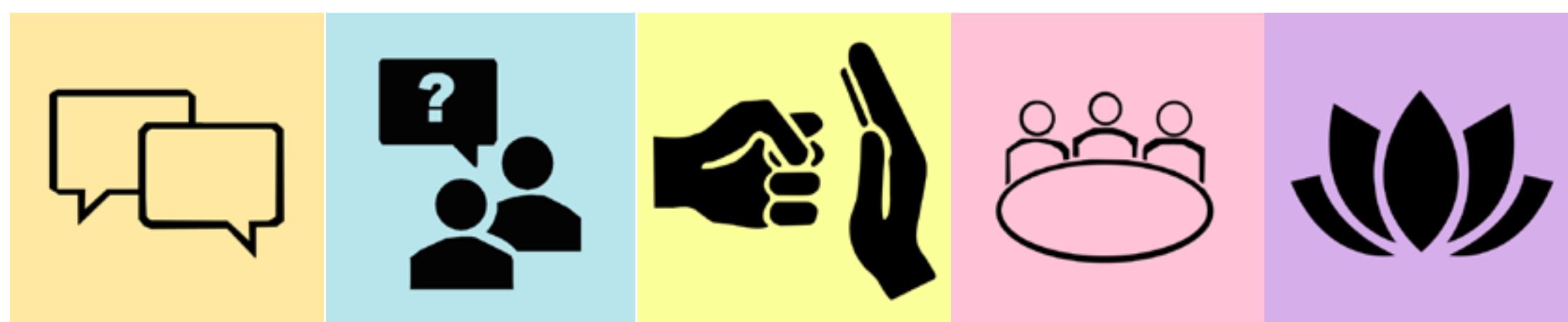
*If you didn't find what you need,
visit the Joy website*





UAVA Ltd is a consortium of three local specialist providers of domestic abuse and sexual violence services. Providing strength, security and freedom from domestic abuse. We aim to provide a simplified service for both service users and professionals.

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Rutland
County Council



Leicestershire young carers support

SUPPORT

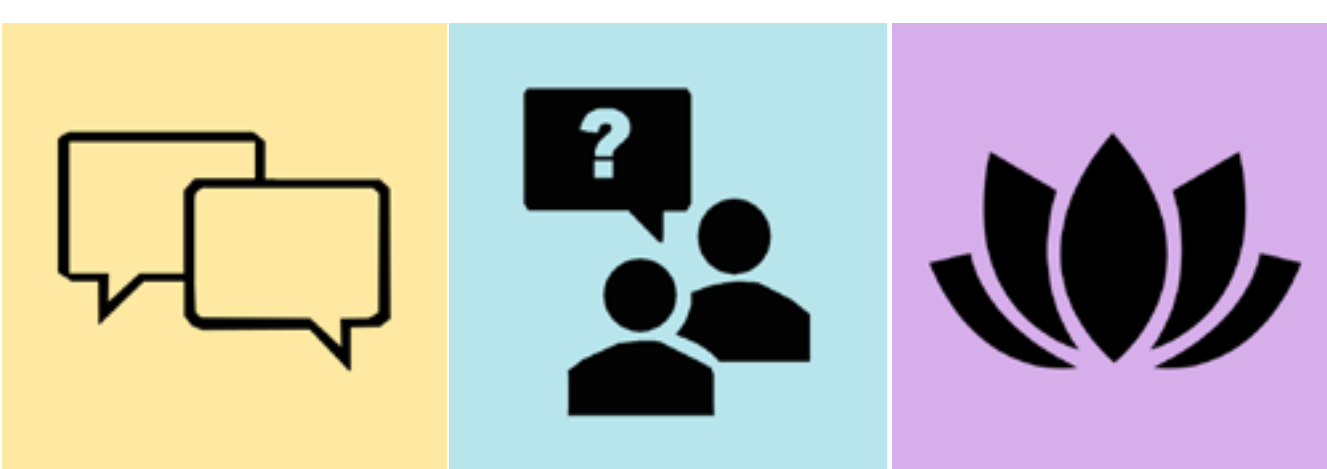
WAYS TO CONTACT :

phone | email | SMS message
by post | web-chat | in person

GUIDANCE

INFORMATION

Support for children and young people under 18 who care for a family member or friend, or who are young carers. You don't have to live with the person you care for. The care you give might include: Physical care, like helping them to get up and dressed. Emo ... [READ MORE](#) ▶



01572 722 577



Referral Service 01572 758 493



www.rutland.gov.uk/adult-social-care/carers/young-carers



<https://youngeicestershire.org.uk/young-carers-group>

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*If you didn't find what you need,
visit the Joy website*





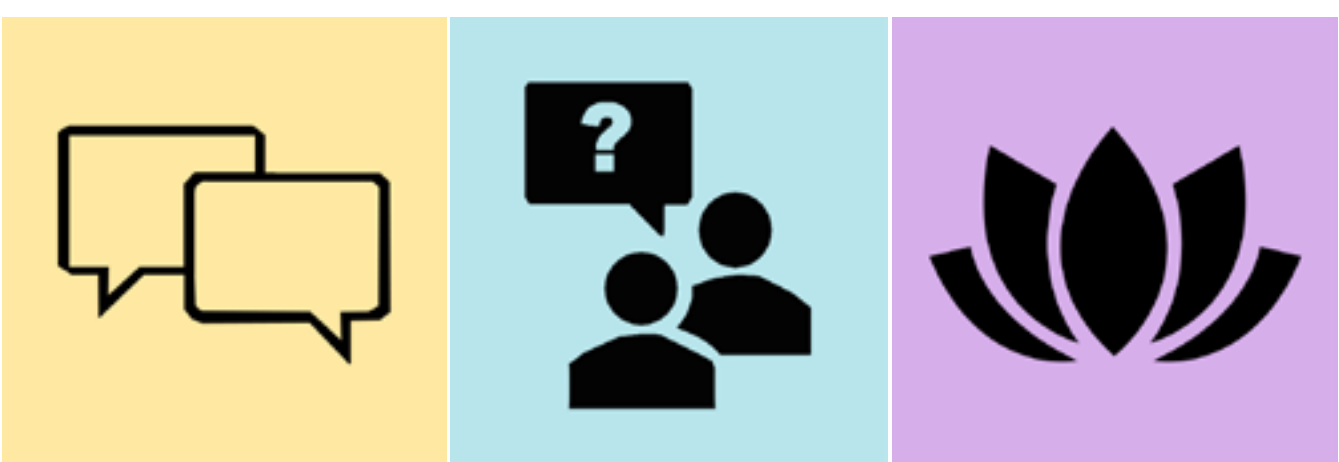
Rutland
County Council



If you're under 18 and care for a family member or friend, you are a young carer. You don't have to live with person you care for.

The care you give might include:
Physical care, like helping them to get up and dressed. Emotional support. Domestic tasks, like cooking and cleaning or paying bills. Childcare, like looking after your brothers or sisters - translating for them, if they don't speak English.

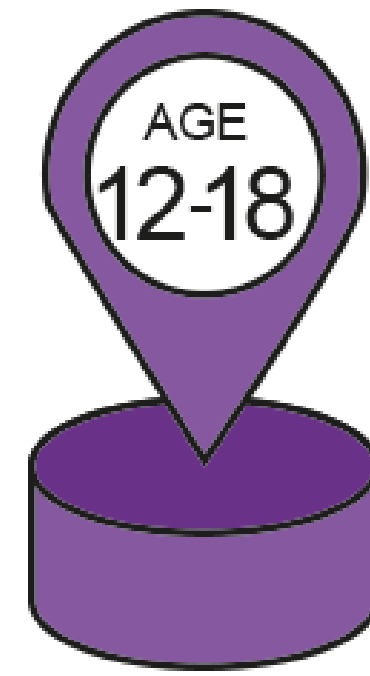
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visit the Joy website*





Health and emotional wellbeing advice for teens

ADVICE

WAYS TO CONTACT :

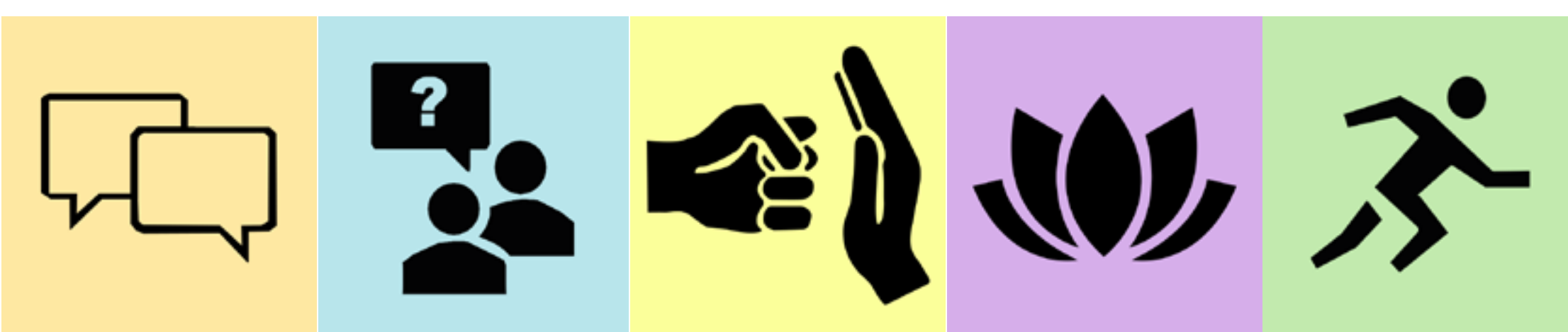
web resources and links

SUPPORT

LOCAL

Teen Health is a team of caring and dedicated Health and Wellbeing Officers who work across Leicestershire and Rutland to provide health and emotional wellbeing advice and support. We focus on young people of secondary school age an

READ MORE ▶



11-14 yrs:

www.teenhealth.org.uk/11-14-early-teen



16-19 yrs:

www.teenhealth.org.uk/15-19-teen

joy

If you didn't find what you need, visit the Joy website

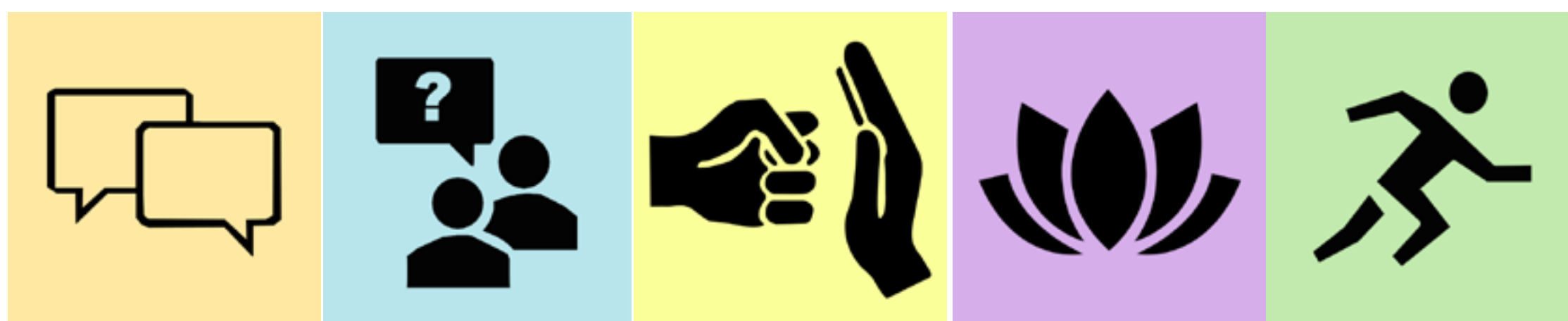




Teen Health is a team of caring and dedicated Health and Wellbeing Officers who work across Leicestershire and Rutland to provide health and emotional wellbeing advice and support. We focus on young people of secondary school age and above, working hand in hand with you either at your secondary school or within your local community.

To access our service, get in touch with the Health and Wellbeing Officer at school.

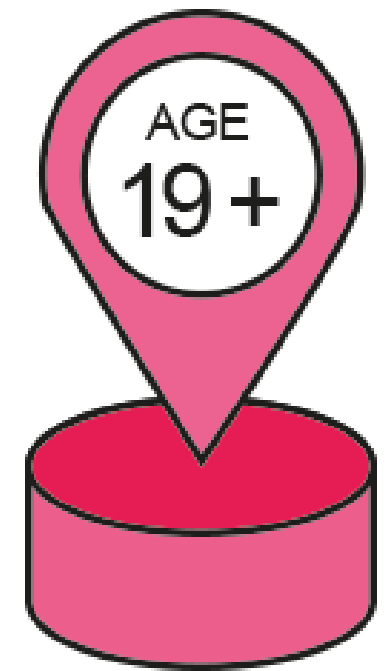
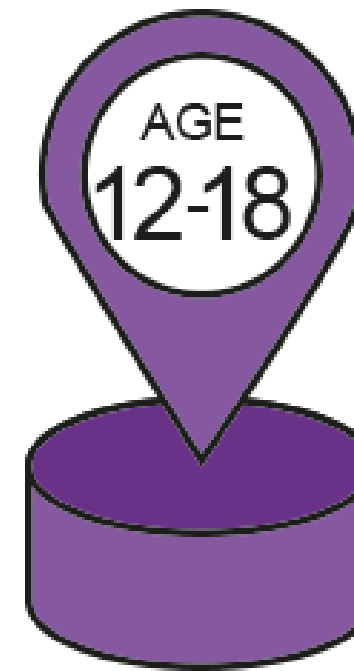
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Leicestershire County Council
Children and Family Wellbeing
Service (CFWS)

SUPPORT

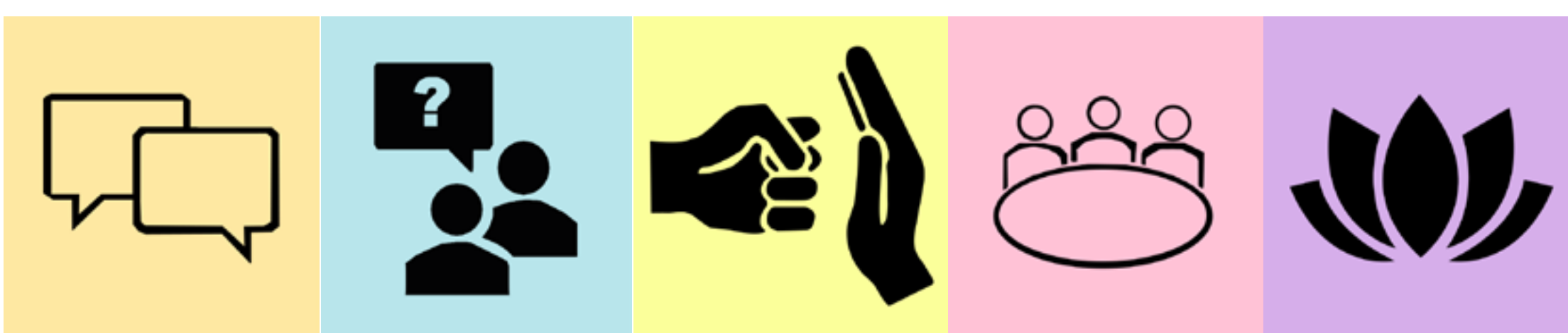
WAYS TO CONTACT :

phone | web resources

SIGNPOSTING

INFORMATION

We provide support to those who have, or still are, suffering from domestic abuse or with their mental health and wellbeing, or need some extra help with SEND, parenting or supporting targeted young people, including those who are at risk of crime. Refer ... [READ MORE](#)



0116 305 8727

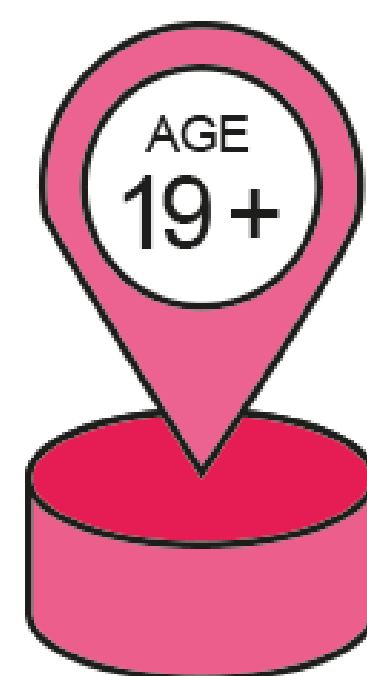


www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/help-for-children-and-families

joy

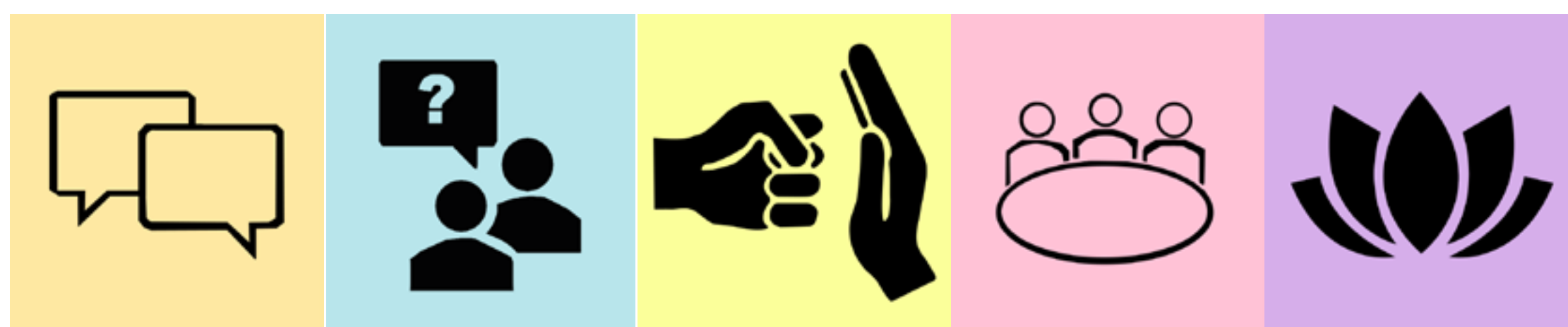
*If you didn't find what you need,
visit the Joy website*





We provide support to those who have, or still are, suffering from domestic abuse or with their mental health and wellbeing, or need some extra help with SEND, parenting or supporting targeted young people, including those who are at risk of crime. Referrals can be made by practitioners or families themselves via the Leicestershire County Council.

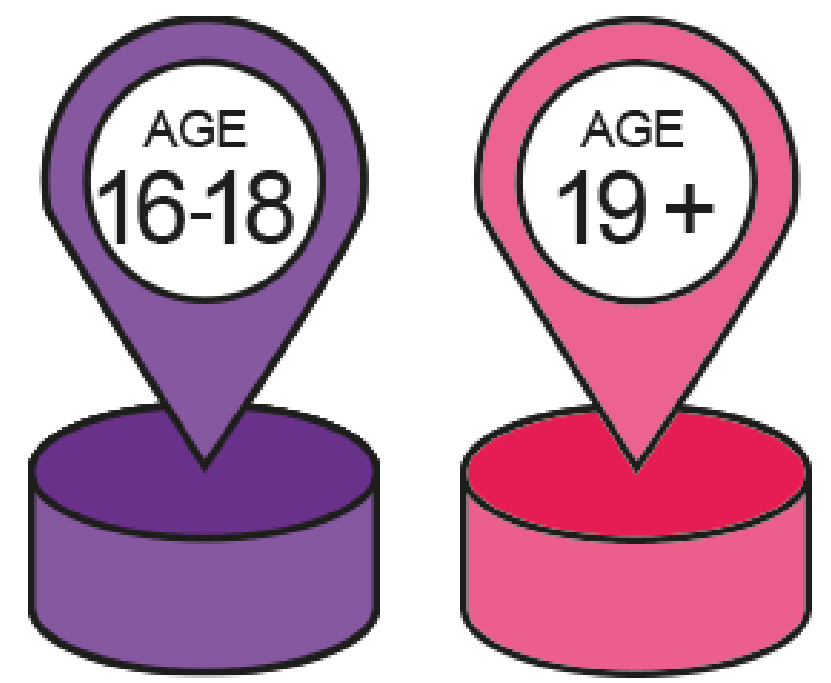
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Your First Contact for
Information Advice and
Support in Leicestershire

SUPPORT

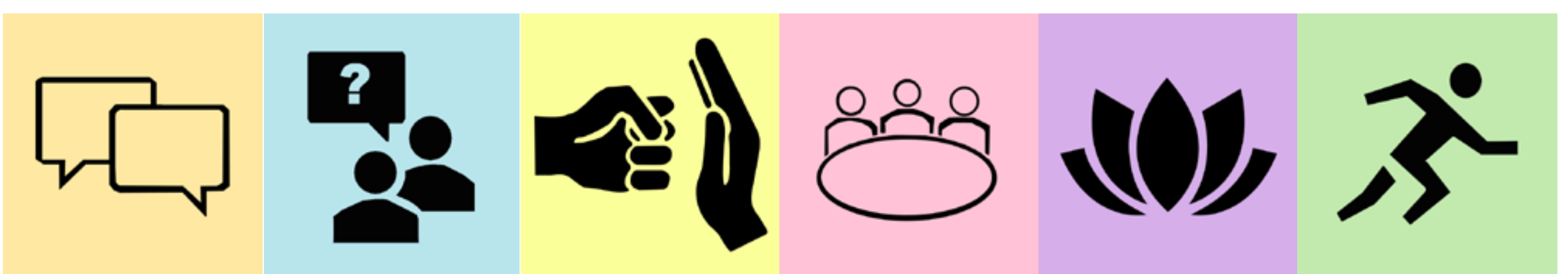
WAYS TO CONTACT :

email | by post

ADVICE

INFORMATION

First Contact Plus is an online tool which helps adults in Leicestershire find information about a range of services all in one place. Information and resources on housing, health, living independently, money advice, work, security and other ... READ MORE ▶



firstcontact@leics.gov.uk



**First Contact Plus, Public Health
Department, County Hall, Glenfield LE3 8TB**

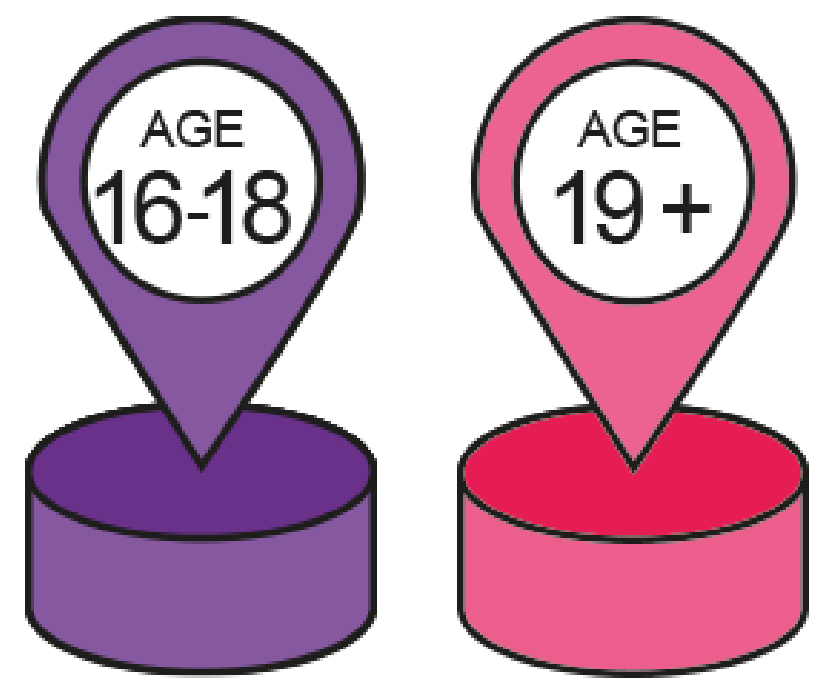


www.firstcontactplus.org.uk

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visit the Joy website*

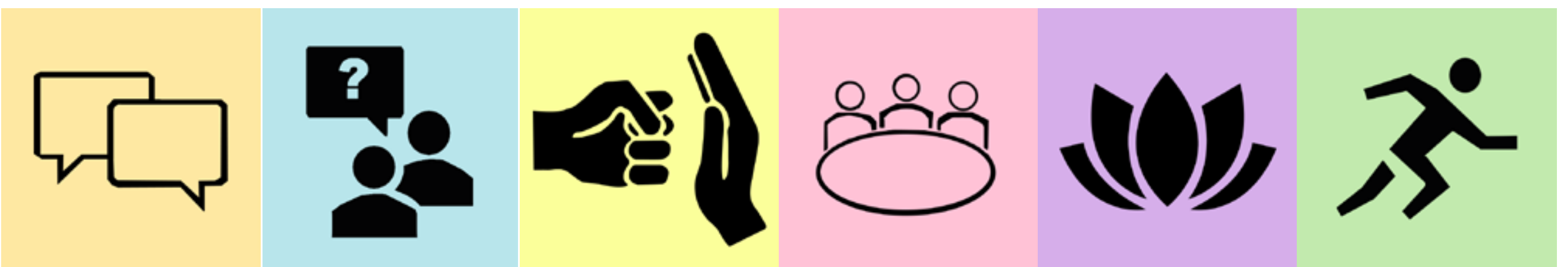




First Contact Plus is an online tool which helps adults in Leicestershire find information about a range of services all in one place. Information and resources on housing, health, living independently, money advice, work, security and other topics that assist the county's residents can be found on this site.

First Contact Plus is delivered by partnerships, voluntary groups and social care departments, who are working together to help young adults access services much more easily.

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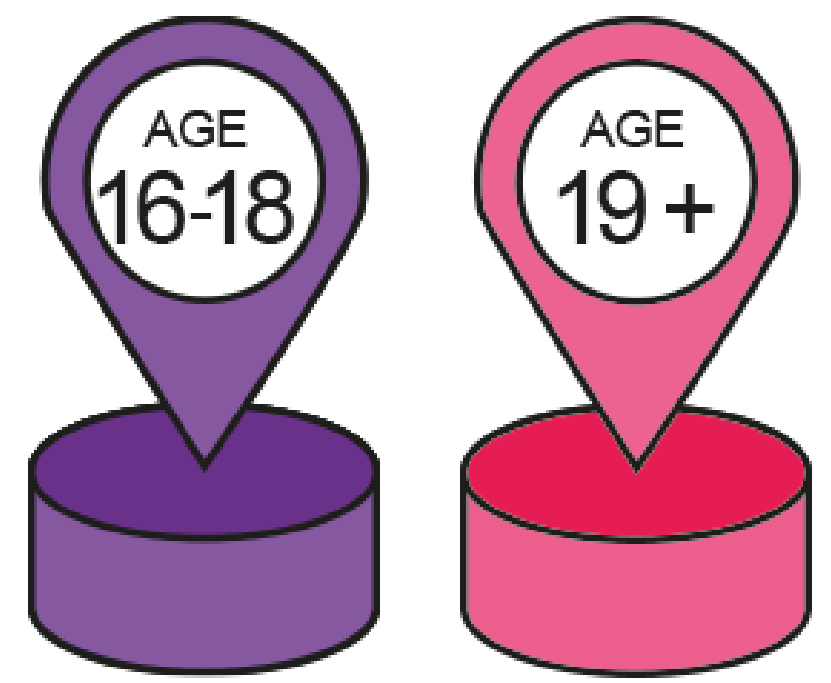
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NHS
Leicester, Leicestershire
and Rutland
Talking Therapies

vita
health group



Talking therapies & self referral support

CONFIDENTIAL

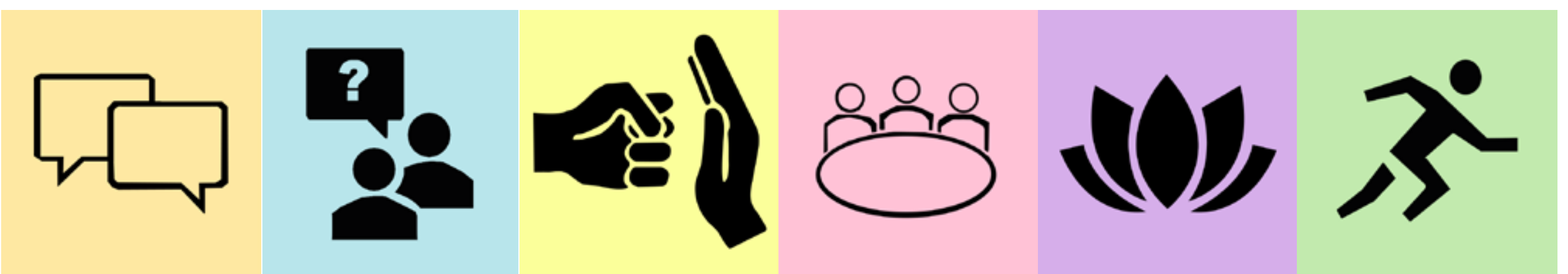
WAYS TO CONTACT :

phone | email | SMS message
by post | web-chat | in person

SELF-REFERRAL

SUPPORT

A range of free services including talking therapies service for young people 16+ in Leicester, Leicestershire and Rutland. Offering support in a range of areas including Anxiety, Depression, Panic Attacks, Trauma, Self Harm and ... READ MORE ▶



Self Referral: 0330094 5595



Digital Assistant:
<https://widget.wysa.uk/wrapper/vitahealth/>



Referral form: <https://gateway.mayden.co.uk/referral-v2/4d5441be-7eb5-449d-81bb-5c677a2e06a9>

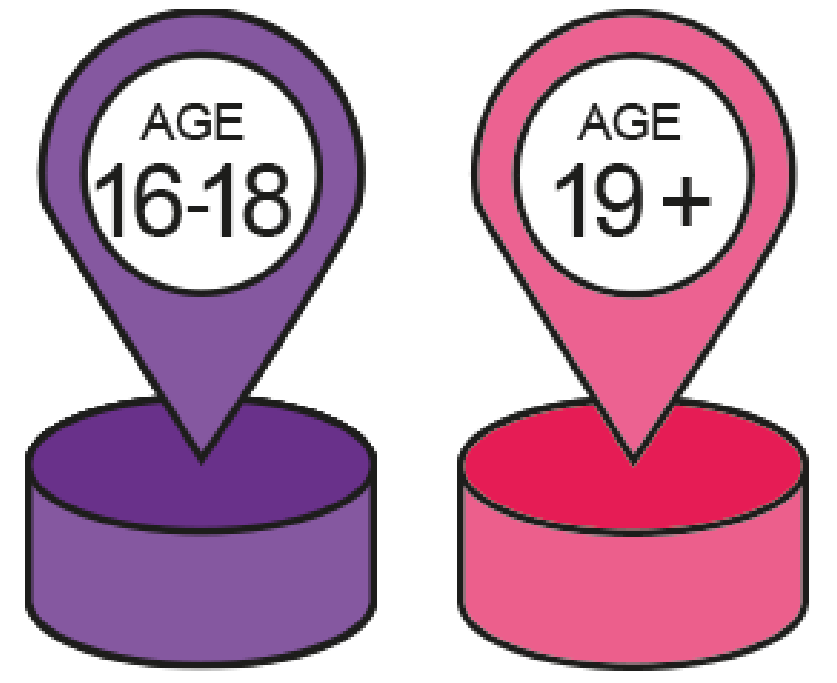


www.vitahealthgroup.co.uk

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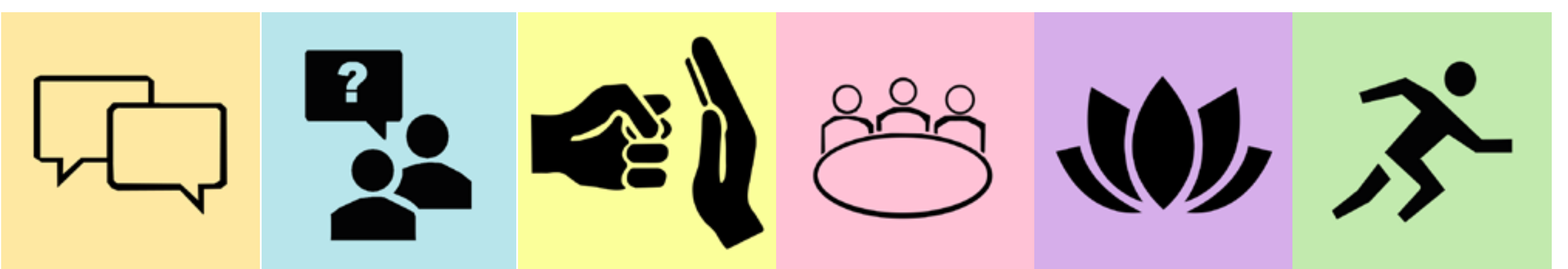




A range of free services including talking therapies service for young people 16+ in Leicester, Leicestershire and Rutland. Offering support in a range of areas including Anxiety, Depression, Panic Attacks, Trauma, Self Harm and more.

8am – 8pm Mon to Thur
8am – 5pm Fri
9am – 12.30pm Sat

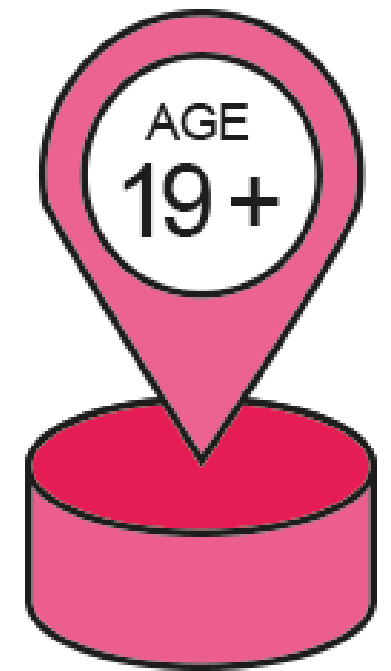
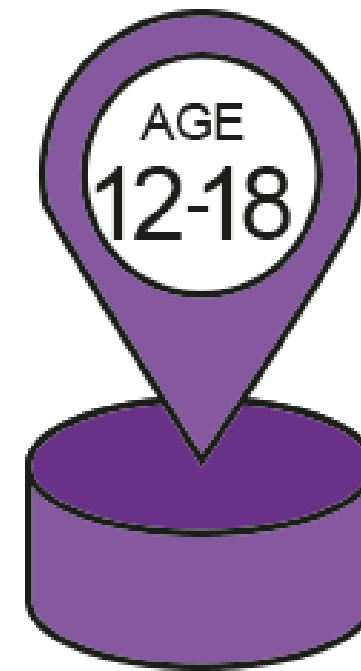
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Specialist support for children, young people and families experiencing domestic abuse

SUPPORT

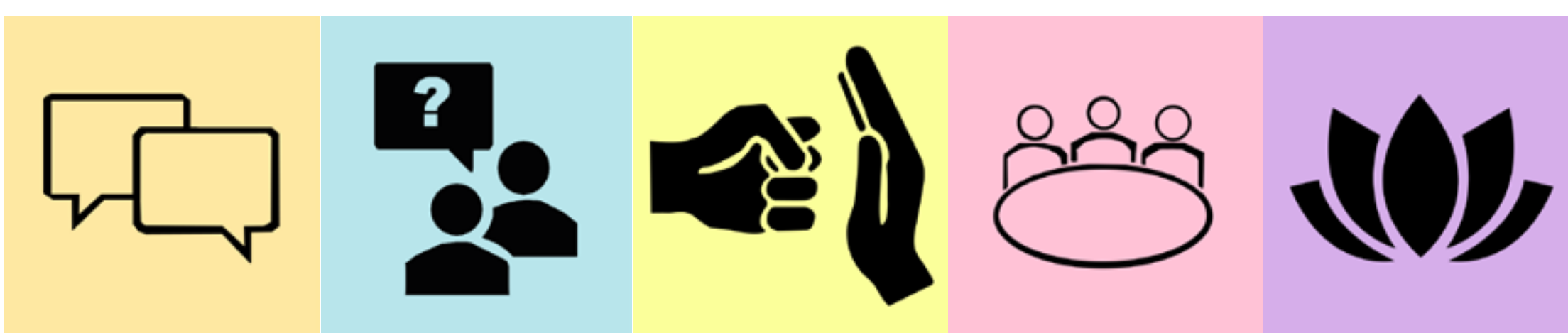
WAYS TO CONTACT :

phone | helpline | by post |
online self-referral

PROFESSIONAL

ADVICE

Living Without Abuse offer the AKIVA Service which provides support to children, young people and families experiencing domestic abuse in Leicester City. Support is available in different age appropriate sessions, 0 to 18, 11-18 and 18+ Support is av ... [READ MORE](#)



01509 550317



Helpline 0808 80 200 28 (Mon - Sun 8am - 8pm)



Address: PO Box 16, Loughborough LE11 3AX

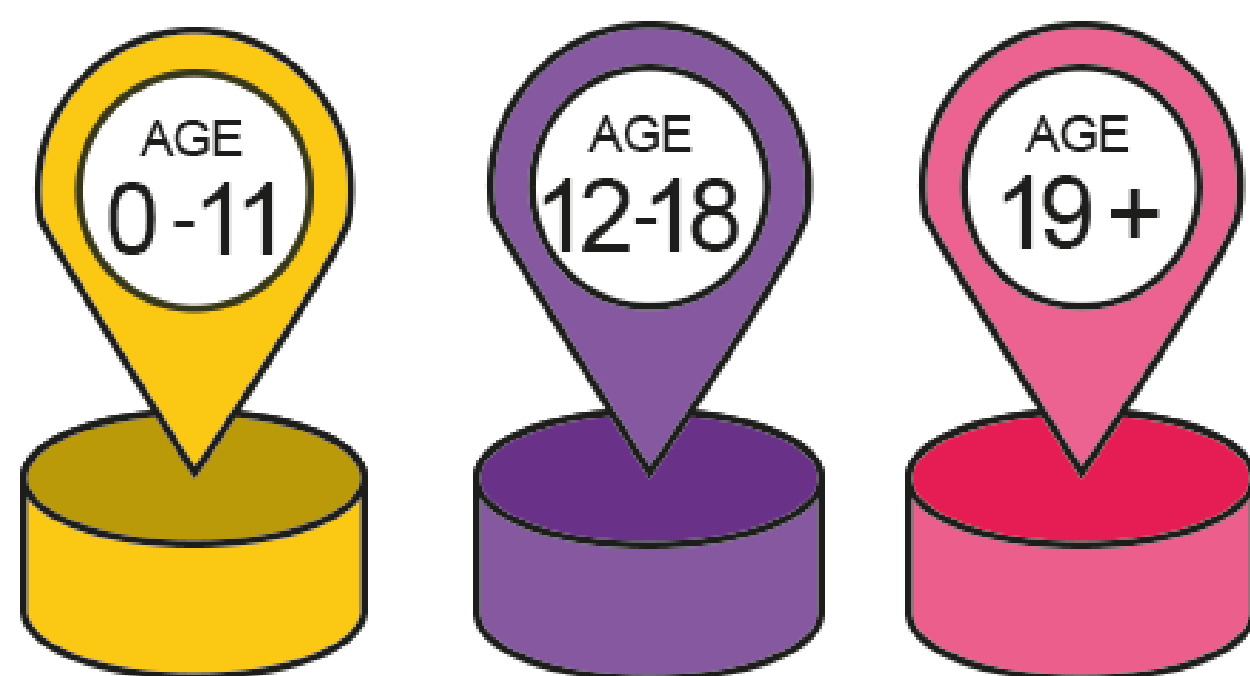


www.lwa.org.uk

joy

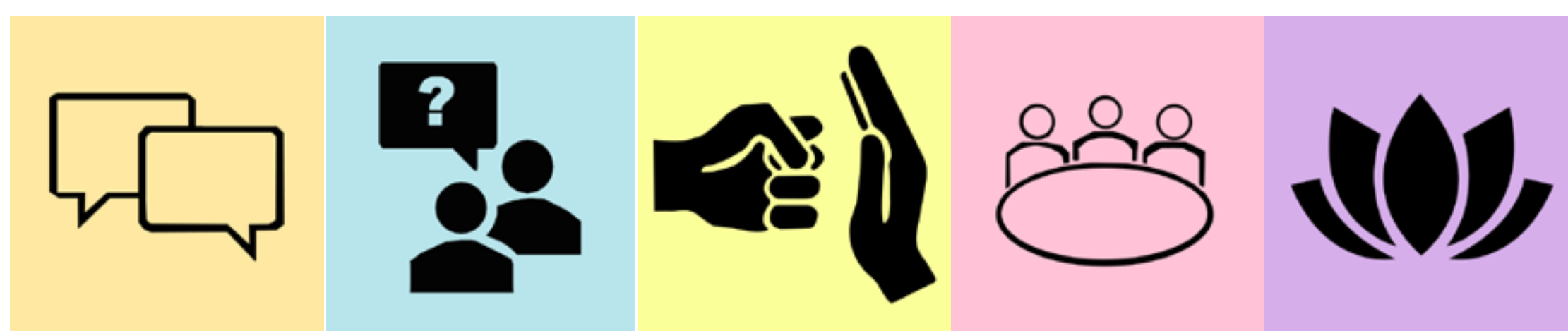
*If you didn't find what you need,
visit the Joy website*





Living Without Abuse offer the AKIVA Service which provides support to children, young people and families experiencing domestic abuse in Leicester City. Support is available in different age appropriate sessions, 0 to 18, 11-18 and 18+ Support is available for young people at high risk of domestic abuse and for young people using violence. There is counselling, a You and Me, Mum Parenting Programme, healthy relationships sessions in schools and youth services, and lots of useful information and advice in the community.

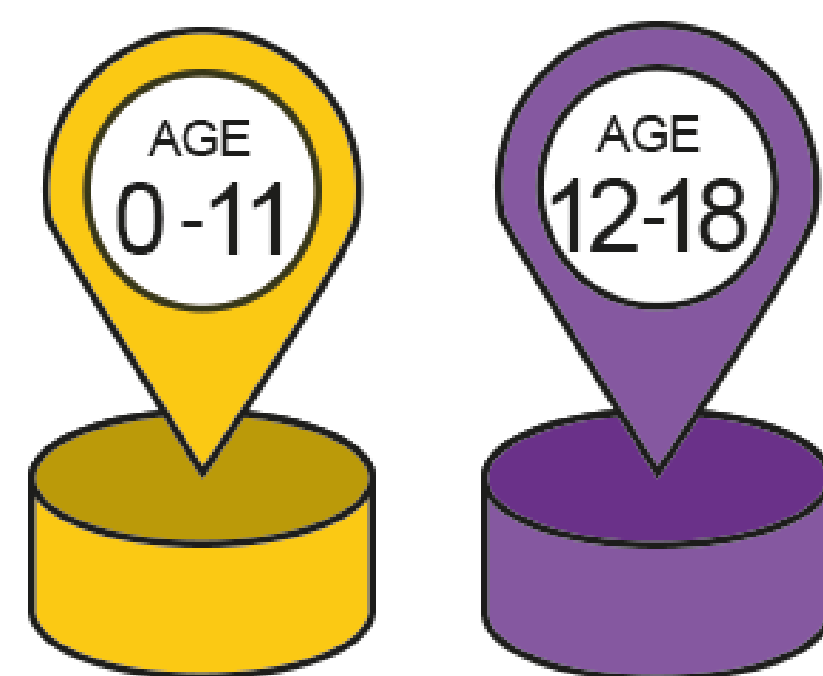
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Mental Health support for young people under 18

SUPPORT

WAYS TO CONTACT :

self-referral website

ADVICE

SELF-REFERRAL

My Self Referral is a dedicated service designed to support children and young people up to 18yrs to be able to access mental health resources. This service enables children and young people to access mental health resources and get a referral. It enab ... [READ MORE](#) ▶

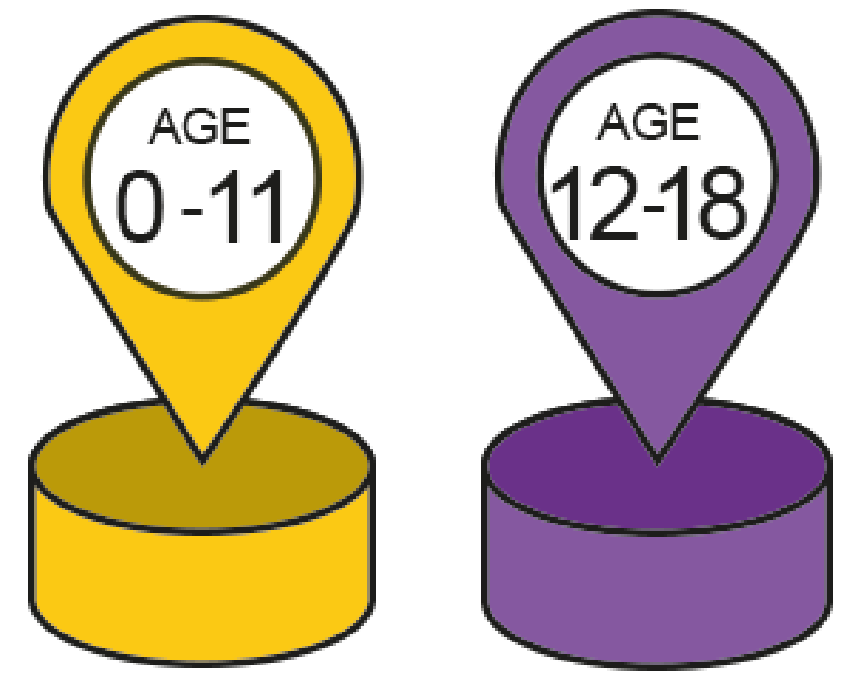


www.myselfreferral-llr.nhs.uk

joy

If you didn't find what you need, visit the Joy website





My Self Referral is a dedicated service designed to support children and young people up to 18yrs to be able to access mental health resources. This service enables children and young people to access mental health resources and get a referral. It enables you to refer yourself, in your own words or your parent/carers' words, to access the right mental health for you. Support is available in a number areas including, bereavement, anxiety, Self Harm, suicidal thoughts, problems at school and more.

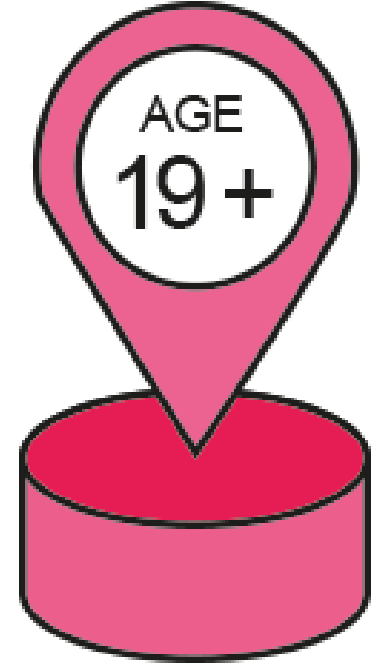
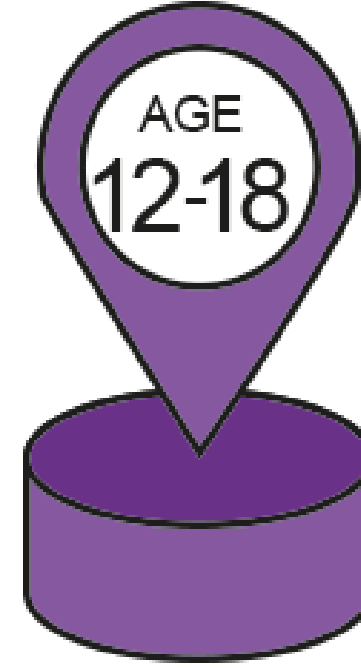
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visit the Joy website*





Youth engagement activities and community support

ACTIVITIES →

WAYS TO CONTACT :
phone | email | SMS message
by post | in person

SUPPORT →

LOCAL →

Eyres Monsell Club for Young People is a voluntary sector youth centre for young people aged 8-19 years old (up to 30 with additional needs). We run activities 5 nights a week which include junior, senior, volunteers and inclusion group sessions. We have recen ... **READ MORE** ▶




 **0116 277 9190**
 **0773 630 8883**

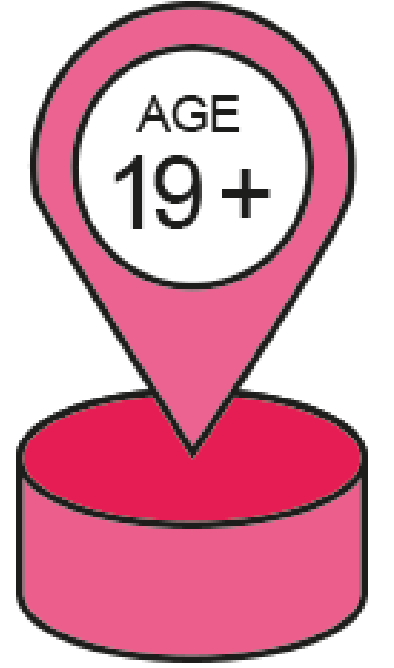
 **Admin@eyresmonsellcyp.co.uk**

 **Eyres Monsell Club for Young People
Whitteney Drive South, Leicester LE2 9AQ**

 **www.eyresmonsellcyp.co.uk**

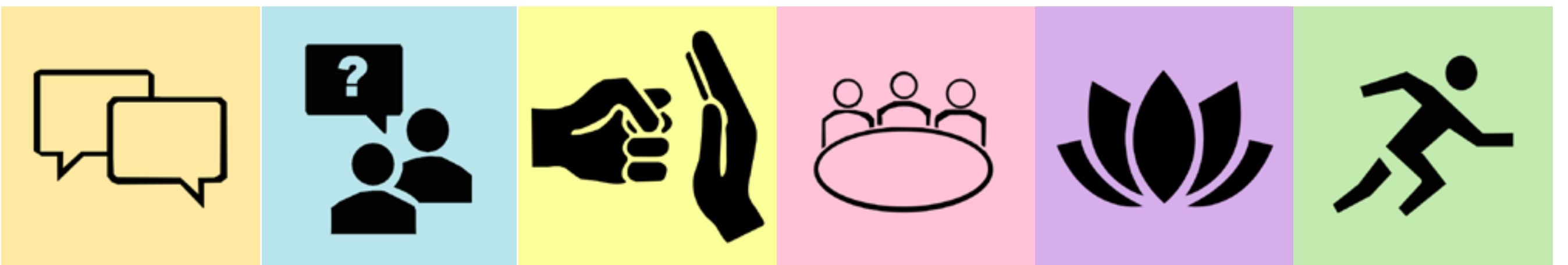
joy If you didn't find what you need, visit the Joy website





Eyres Monsell Club for Young People is a voluntary sector youth centre for young people aged 8-19 years old (up to 30 with additional needs). We run activities 5 nights a week which include junior, senior, volunteers and inclusion group sessions. We have recently branched out into the local community with our new community pantry and Food bank, which is open 4 times a week, alongside community activities such as a parents group, which meets weekly and friendship group that meets monthly.

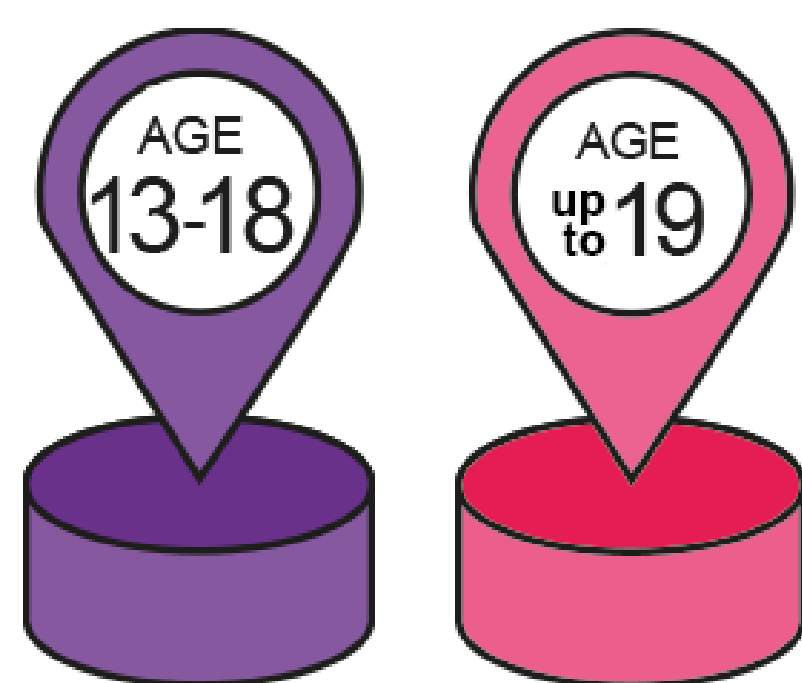
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Social drop-in sessions for
13–19-year-olds

ACTIVITIES

WAYS TO CONTACT :

phone | email

SUPPORT

SAFE SPACE

The Freedom Centre provides opportunities for young people to meet others and be part of the community. Social drop-in sessions for 13–19-year-olds, targeting mainly unaccompanied asylum-seeking young people, and refugees. Most unaccom ... [READ MORE](#) ▶



0116 2554013



info@centreproject.org

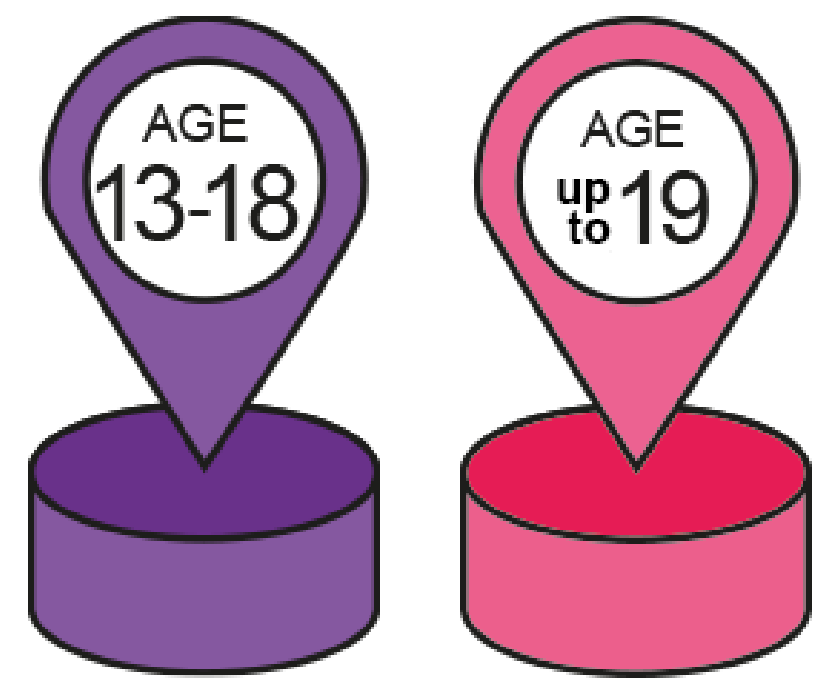


**www.centreproject.org/our-services/
freedom-youth-club**

joy

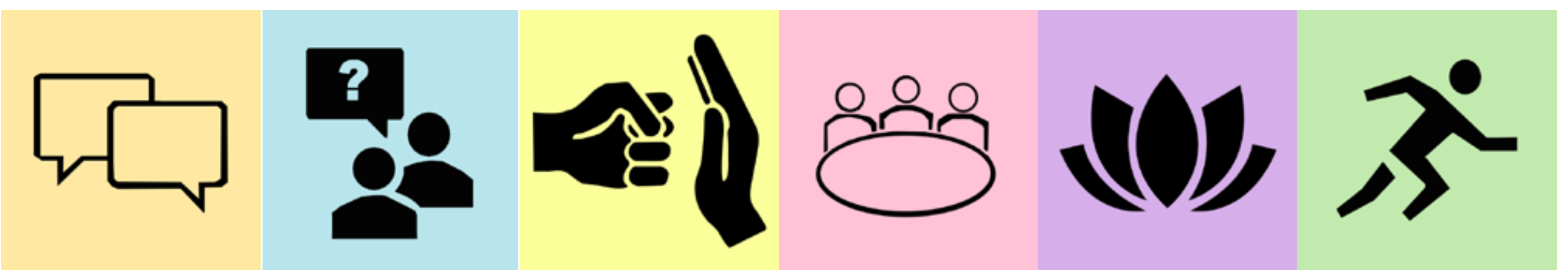
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The Freedom Centre provides opportunities for young people to meet others and be part of the community. Social drop-in sessions for 13–19-year-olds, targeting mainly unaccompanied asylum-seeking young people, and refugees. Most unaccompanied young people arrive in their mid-teen years and are separated from parents, customary care givers, many young people were socially isolated. Freedom Youth Club is open 2 days a week – Tuesday and Friday between 5.00pm and 8.00pm

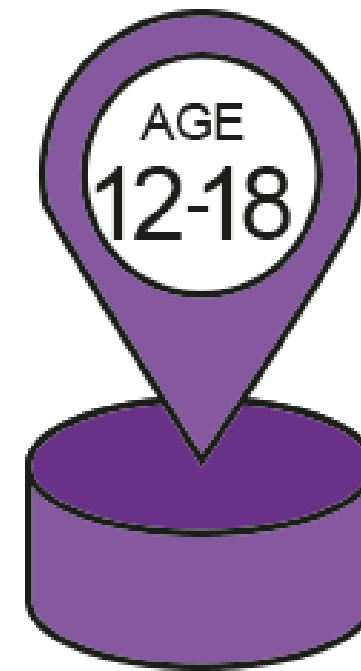
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Advice for Parents and Carers
in Leicestershire and Rutland

PROFESSIONAL

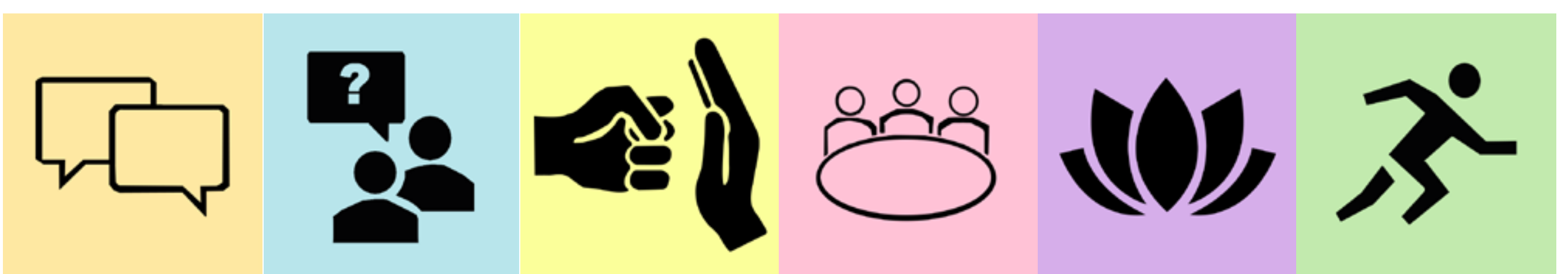
WAYS TO CONTACT :

phone | SMS message
web-chat

ADVICE

SUPPORT

ChatHealth is a secure and confidential messaging service. It is designed to enable safe and secure messaging between healthcare professionals and service users. ChatHealth is a text messaging service for Parents and carers or professionals W ... READ MORE ▶



Leicester: 07520 615381



Leicestershire: 07520 615382



<https://chathealth.nhs.uk>

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visit the Joy website*





ChatHealth is a secure and confidential messaging service. It is designed to enable safe and secure messaging between healthcare professionals and service users. ChatHealth is a text messaging service for Parents and carers or professionals working with children and young people aged 0 -19. It provides an easy and anonymous access with a healthcare professional for advice and support. The service provides information about sensitive issues.

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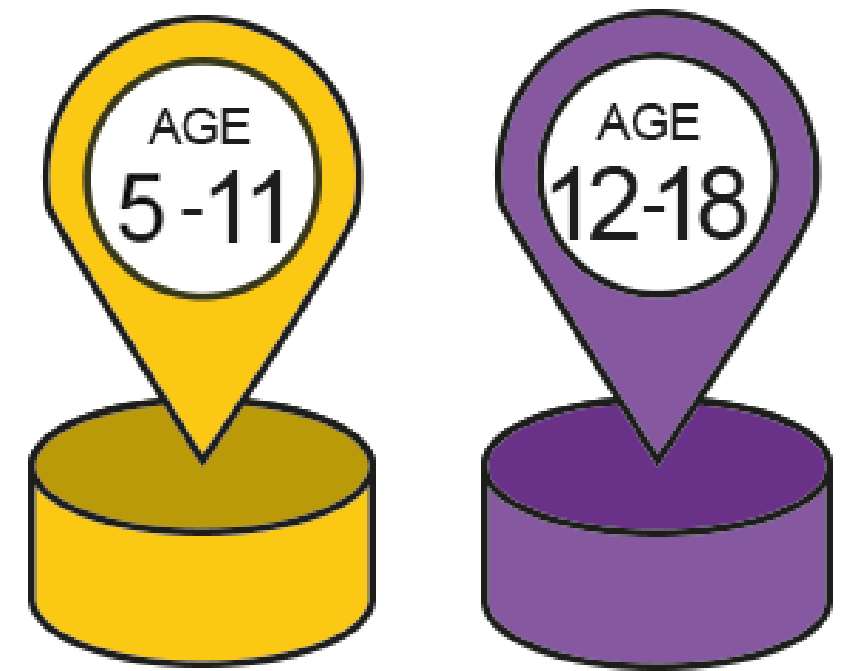


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relate
the relationship people



Safe & Confidential Counselling
for Children & Young People

THERAPY

WAYS TO CONTACT :

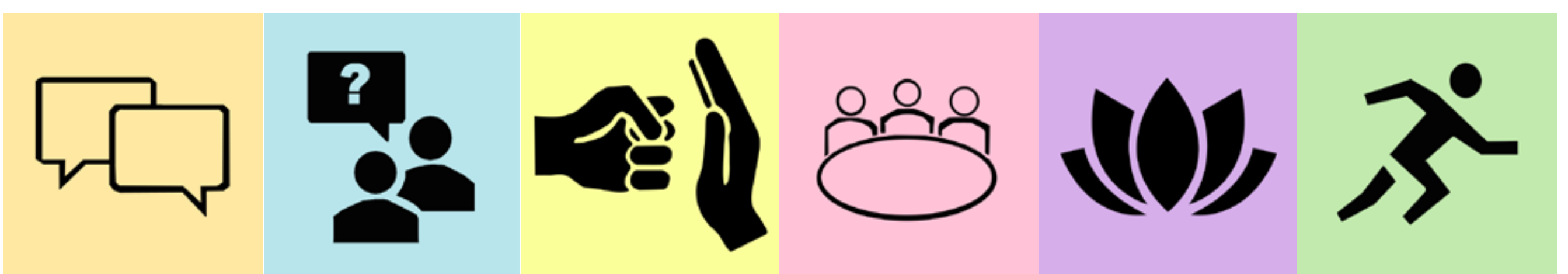
phone | email
by post | in person

EXPERT HELP

INTERVENTION

Relate Early Intervention Service

Emotional wellbeing and therapeutic support service for children and young people aged between 5 and 18 years old. This service is available to people living in Leicester, Leicestershi ... [READ MORE](#) ▶



0116 2543011



reception@rllrl.org.uk



**Relate Leicestershire, 83 Aylestone Road,
Leicester LE2 7LL**

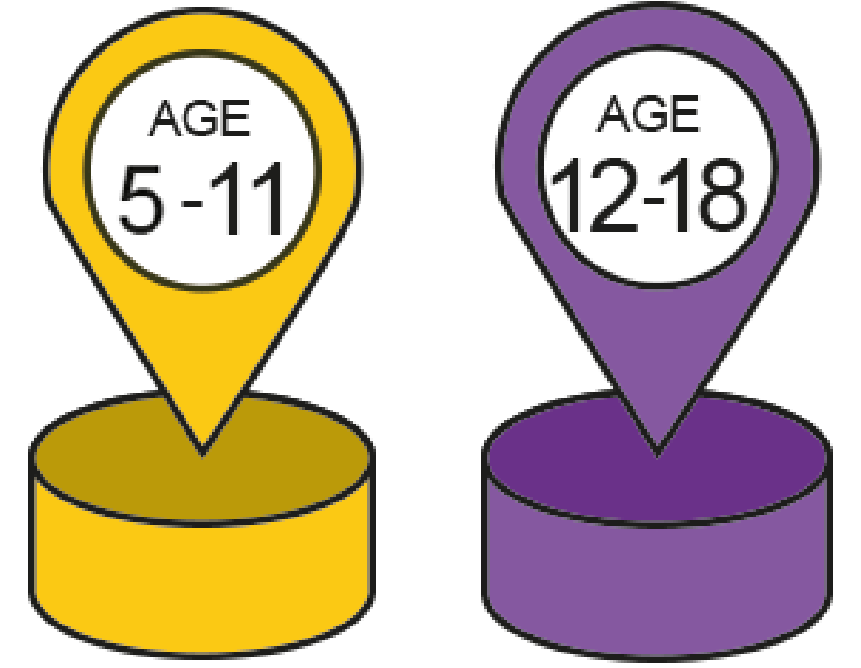


**[www.relateleicestershire.org.uk/children-
young-people-counselling.htm](http://www.relateleicestershire.org.uk/children-young-people-counselling.htm)**

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visit the Joy website*

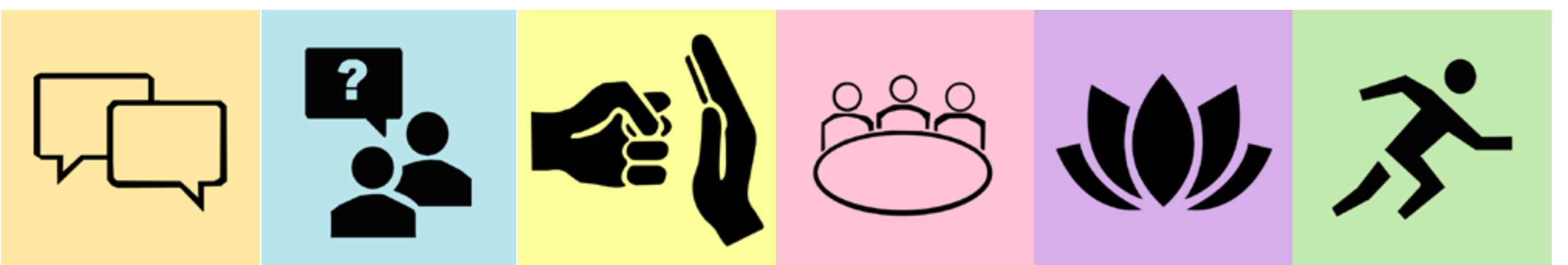




Relate Early Intervention Service

Emotional wellbeing and therapeutic support service for children and young people aged between 5 and 18 years old. This service is open to people living in Leicester, Leicestershire and Rutland. The service aims to promote positive mental health, increase healthy coping strategies and encourage communication and support. Referrals can be made via phone or email.

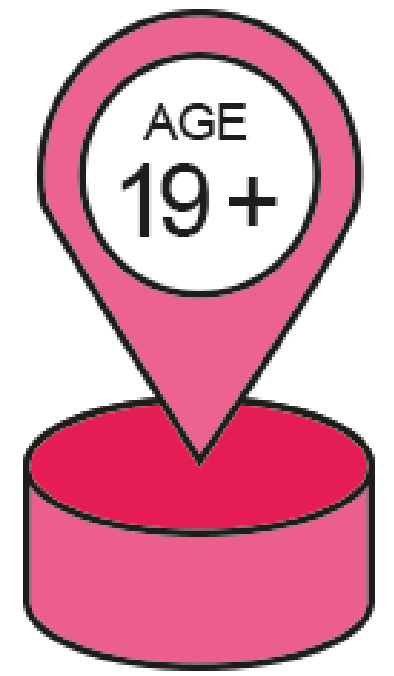
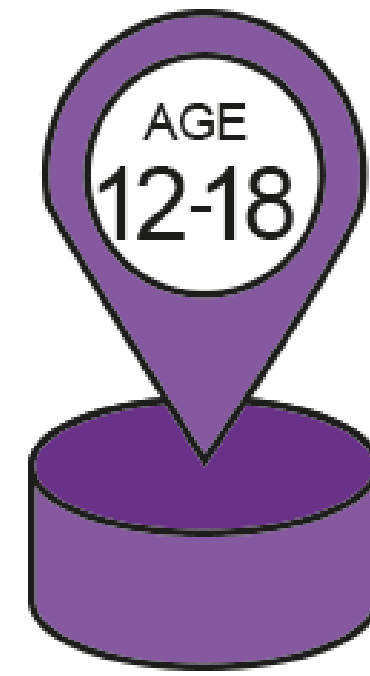
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visit the Joy website*





Accessible information on mental health medicines for young people

MEDICATION

WAYS TO CONTACT :

online web resource

ADVICE

INFORMATION

Fact sheets, advice and videos providing reliable information on the most commonly used mental health medicines for young people. Youth Med.Info's aim to ensure that children, teens, young adults and their parents have access to accurate and accessible information on mental health medicines. Support for young people in making an informed choice about their treatment.



<https://youthmed.info>

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If you didn't find what you need, visit the Joy website

