

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 **CATEGORIES**

service. **KEY TO**

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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 Intergrated 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.



b l a n k c a n v a s



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

01 Adhar Project

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Culturally Sensitive
Mental Health Support

by post | in person
ADVOCACY

WAYS TO CONTACT : THERAPY SUPPORT

phone | email

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

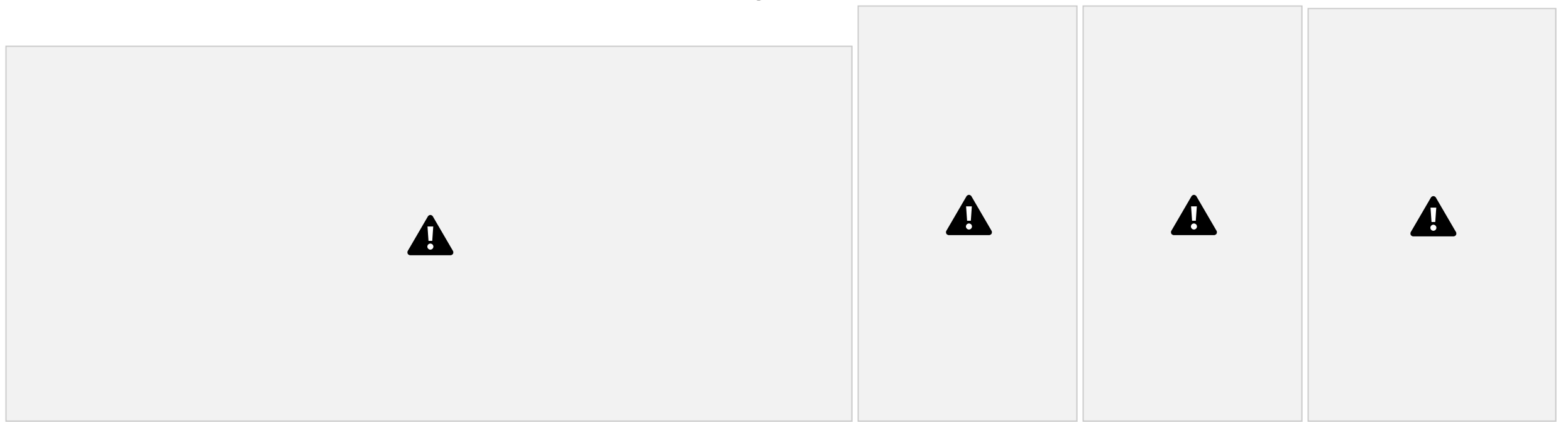


79 St Peters Rd, Leicester LE2 1DH

www.adharproject.org



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

02 Autism Space

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Web based resources for
all things relating to
autism

ADVICE

SUPPORT

WAYS TO CONTACT : SMS
message | web-chat

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/](https://chathealth.nhs.uk/start-a-chat/h/chatautism/)
[www.leicspart.nhs.uk/autism-space/all-about autism](http://www.leicspart.nhs.uk/autism-space/all-about-autism)



*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. [BACK TO OVERVIEW](#)





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visit the Joy website*

03 Beat (Eating Disorder)

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**Emotional support &
advice with eating
disorders**

ADVICE

SUPPORT

WAYS TO CONTACT :

LEARNING

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

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



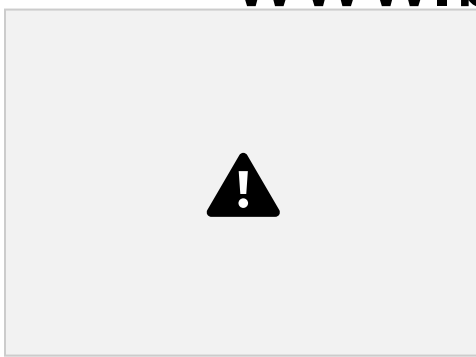
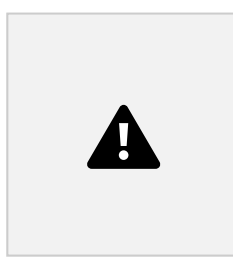
1-2-1 web-chat



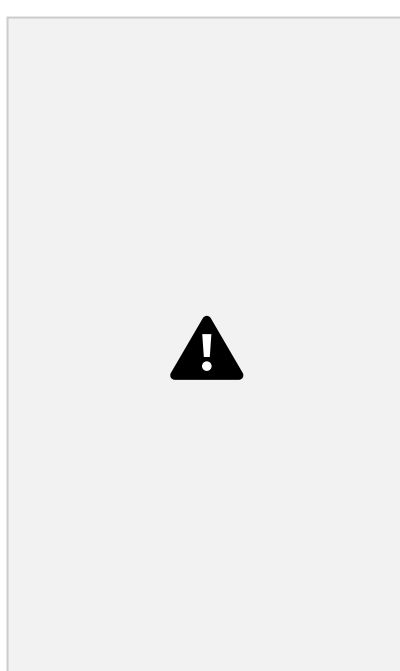
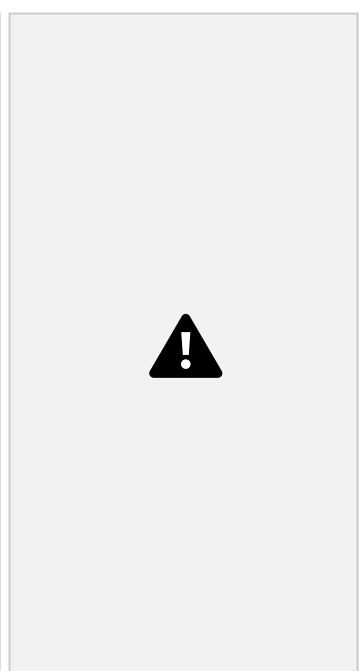
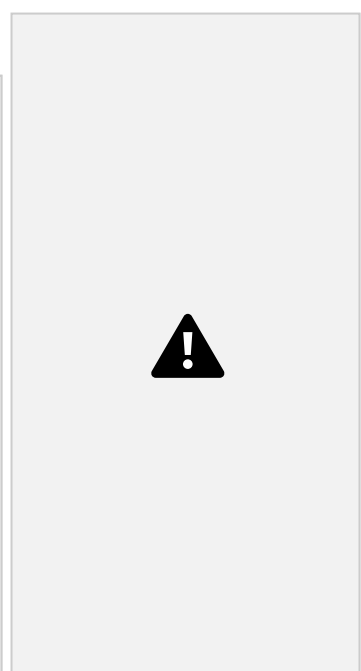
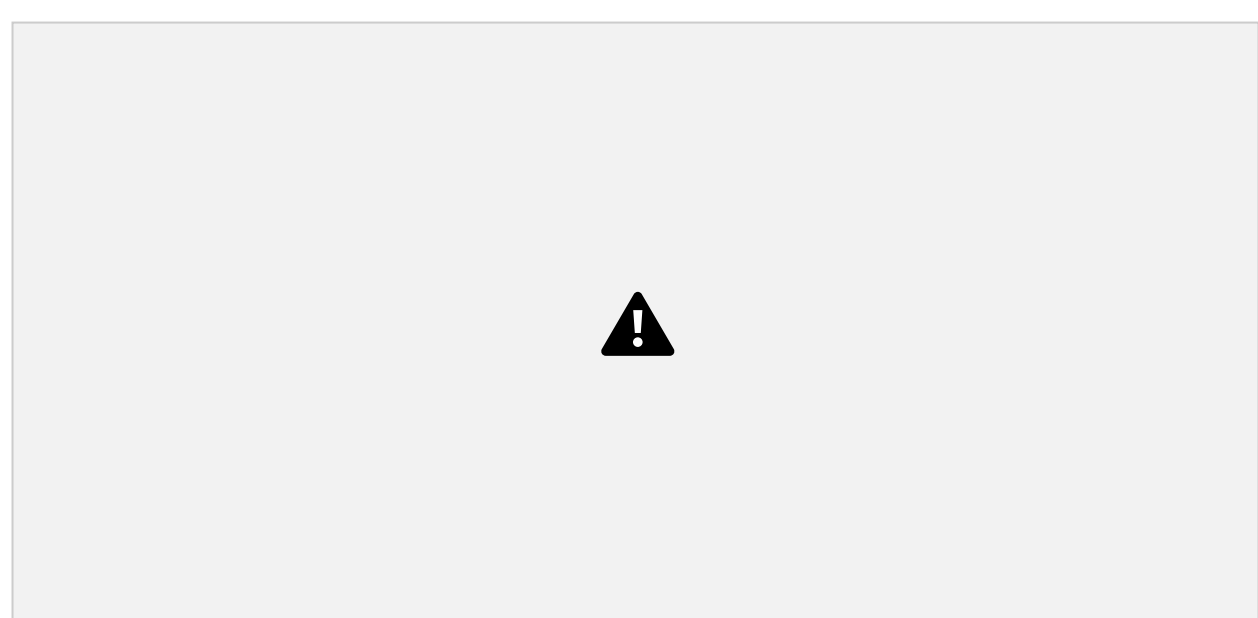
help@beateatingdisorders.org.uk

FAO Helpline, Beat, Unit 1 Chalk Hill House, 19



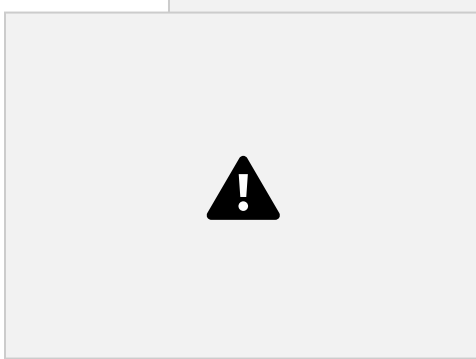
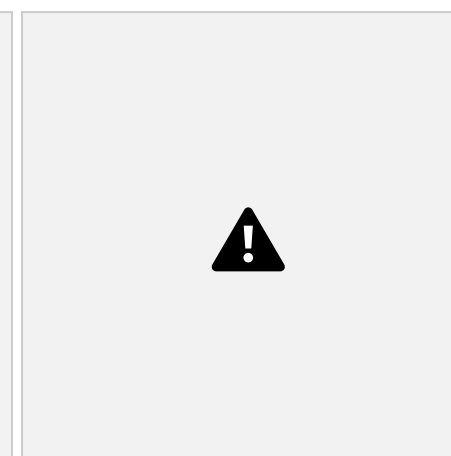
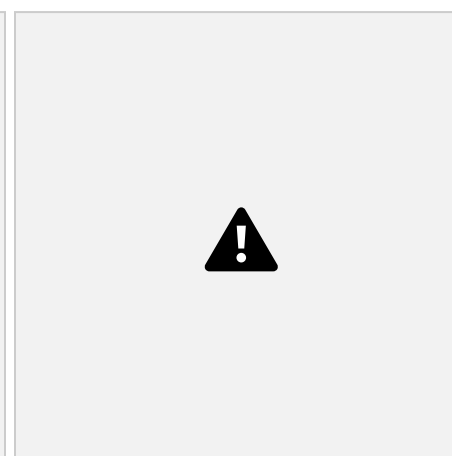
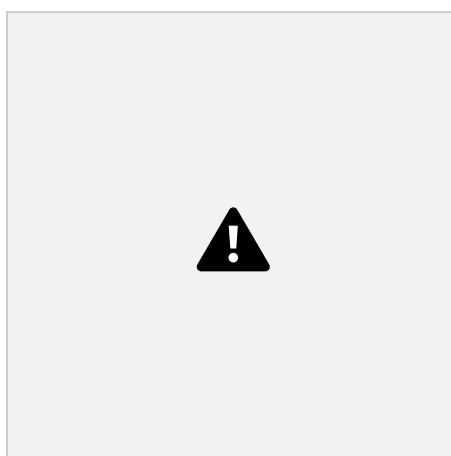
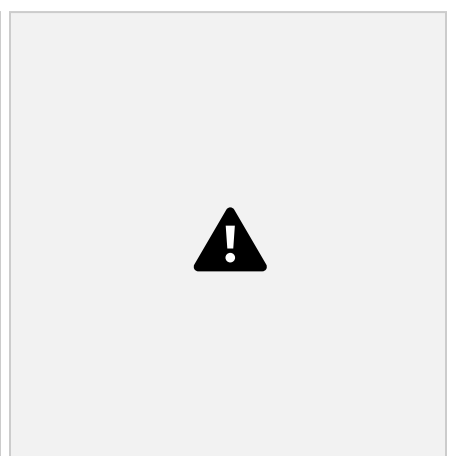
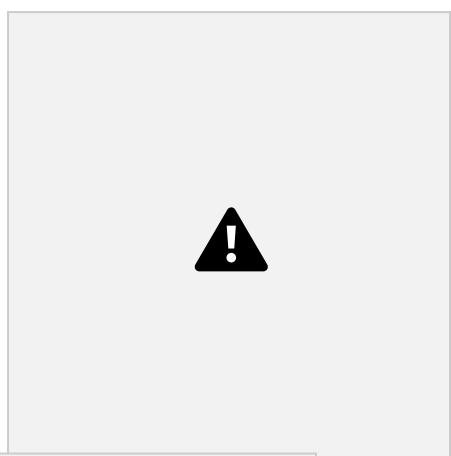


*If you didn't find what you need,
visit the Joy website*



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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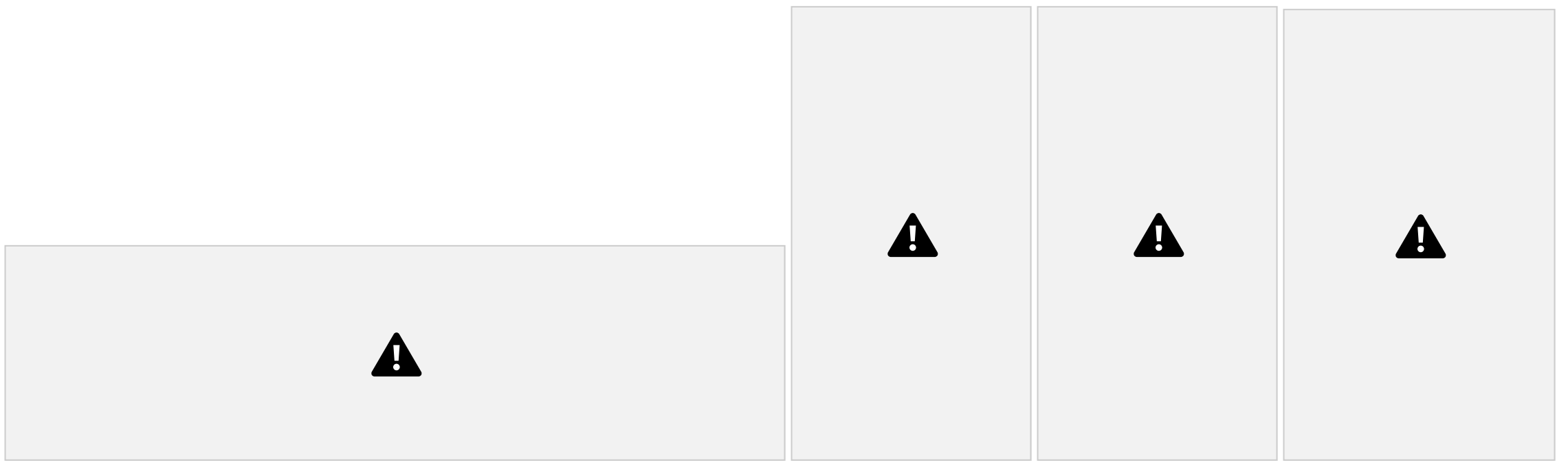


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**04 Mental Health Central
Access Point**

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**NHS Trust Mental Health
Central Access Point**

24 hr HELPLINE

WAYS TO CONTACT :

SIGNPOSTING

Helpline | phone | website

SUPPORT

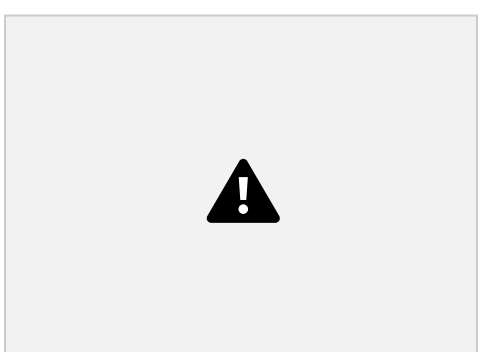
Anyone needing mental health support for themselves or others can call this service 24 hours a day, seven days a week. The phone line is staffed by recovery workers from Turning Point, who explore a caller's needs and transfer them to an appro ... **READ MORE**



0808 800 3302



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

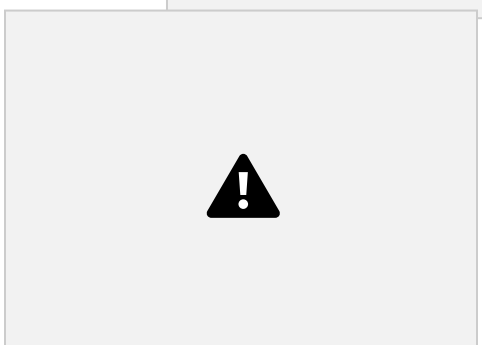
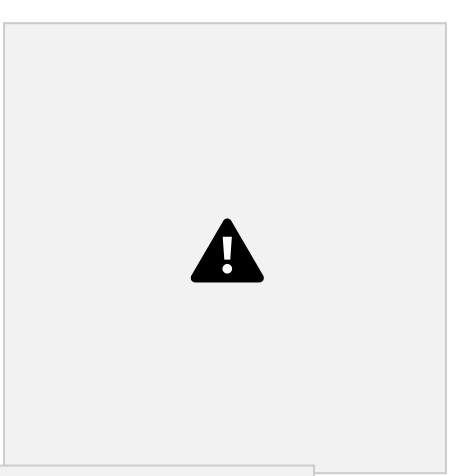


*If you didn't find what you need,
visit the Joy website*



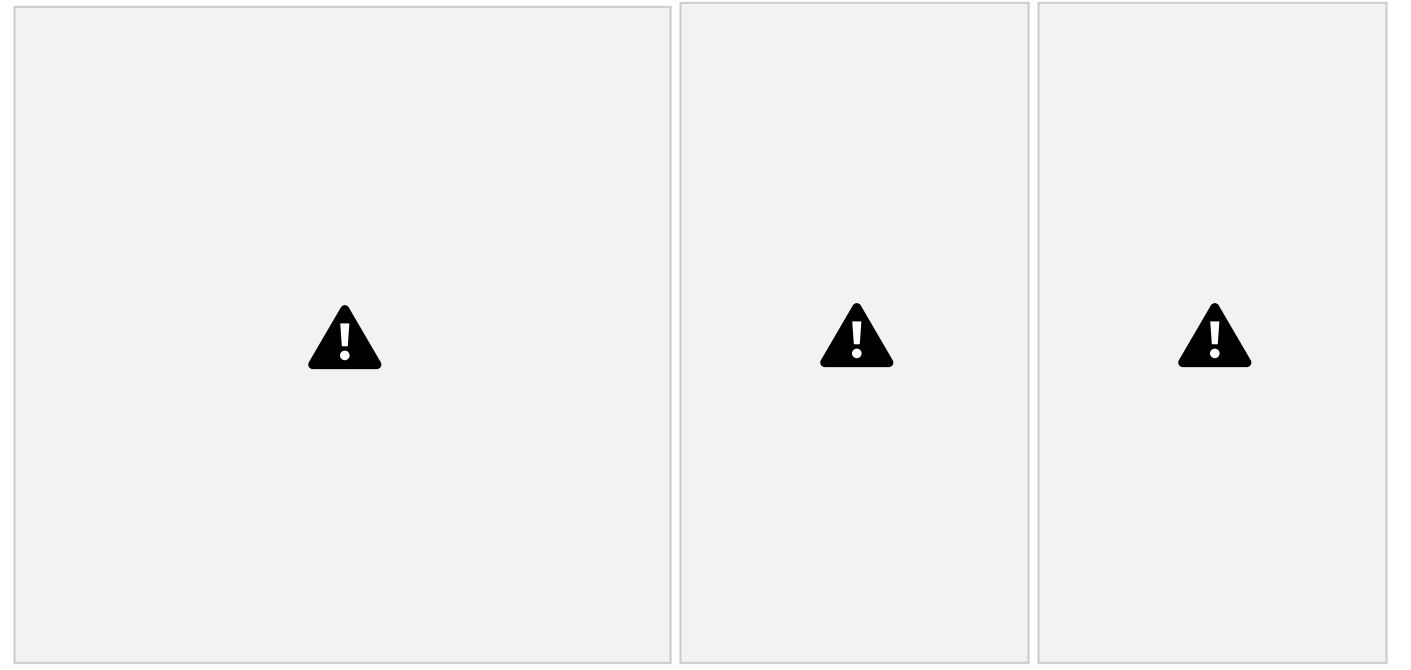
Anyone needing mental health support for themselves or others can call this service 24 hours a day, seven days a week. The phone line is staffed by recovery workers from Turning Point, who explore a caller's needs and transfer them to an appropriate staff member from Leicester Partnership NHS Trust. 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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visit the Joy website*

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Helping Leicester's young refugees to rebuild their lives

SUPPORT GROUP

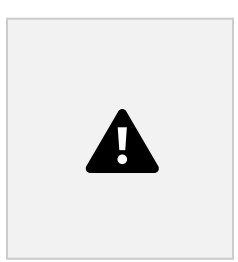
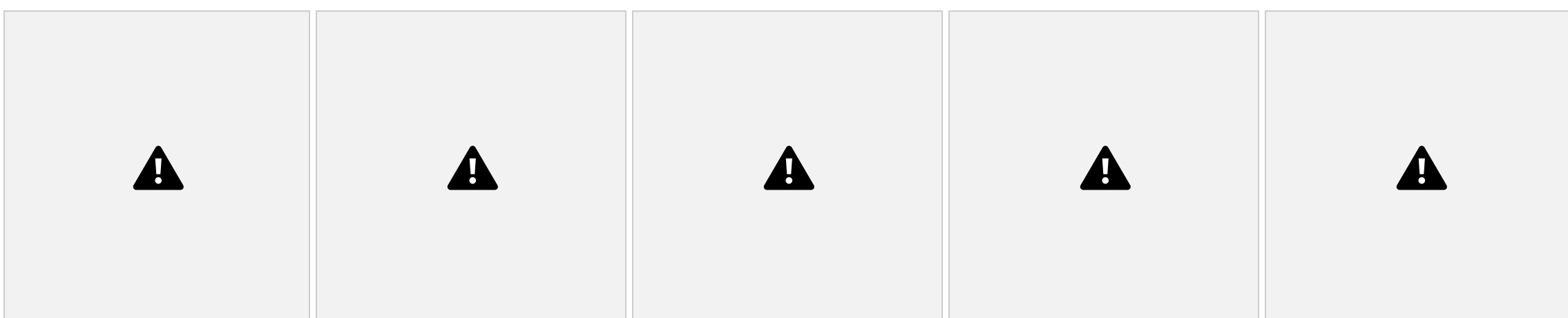
WAYS TO CONTACT :

ACTIVITIES

phone | email | website

EDUCATION

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](#)



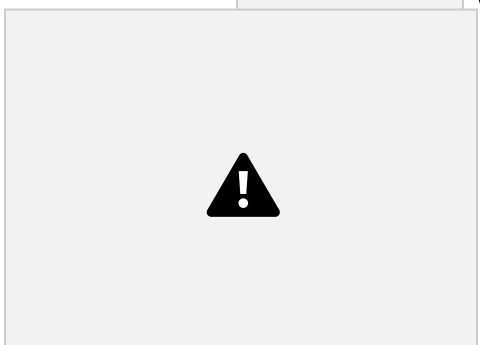
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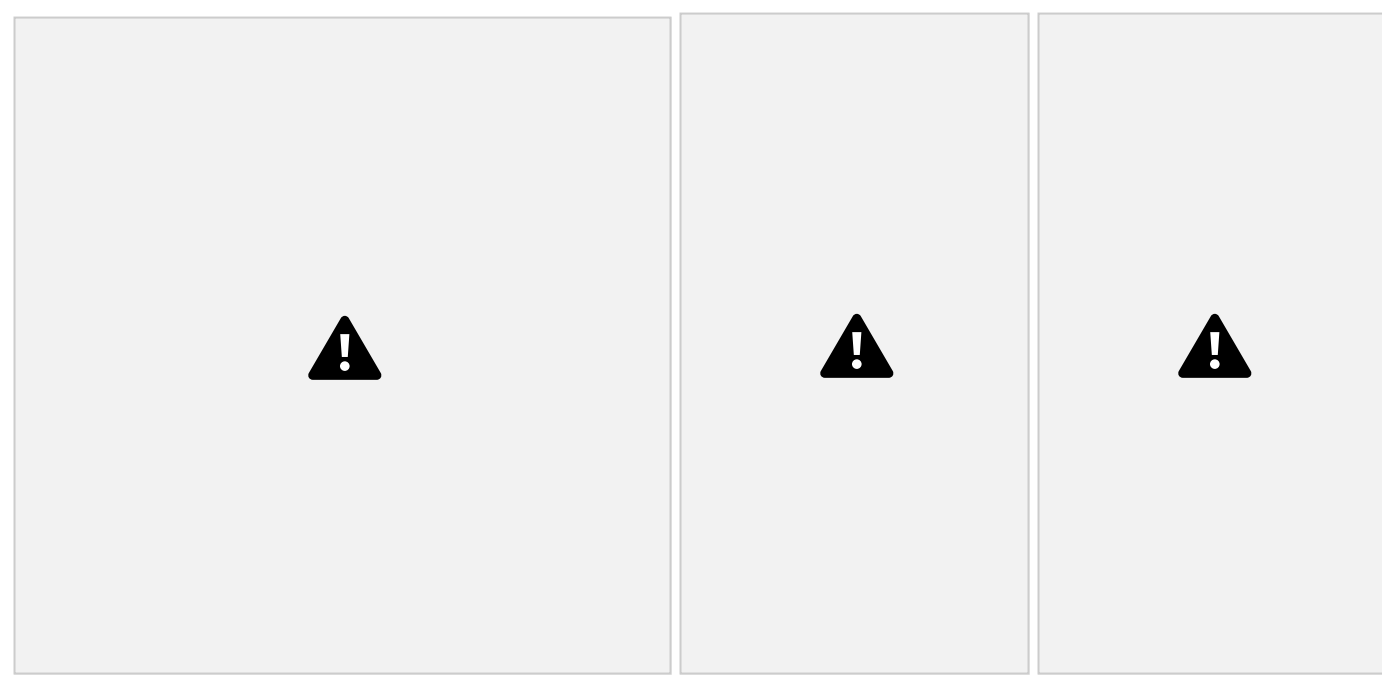
mail@after18.org.uk



www.after18.org.uk



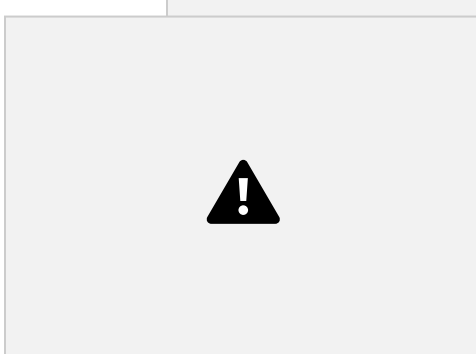
If you didn't find what you need, visit the Joy website



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.

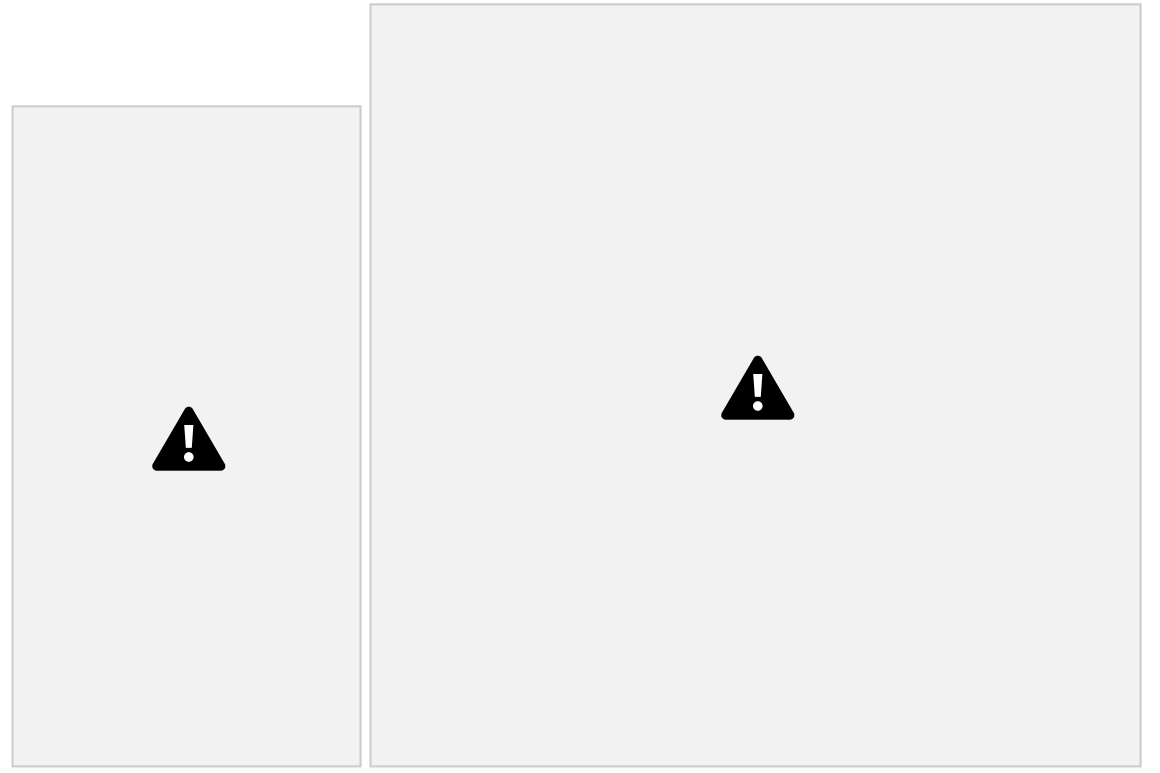
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**06 Neighbourhood Mental
Health Cafes**

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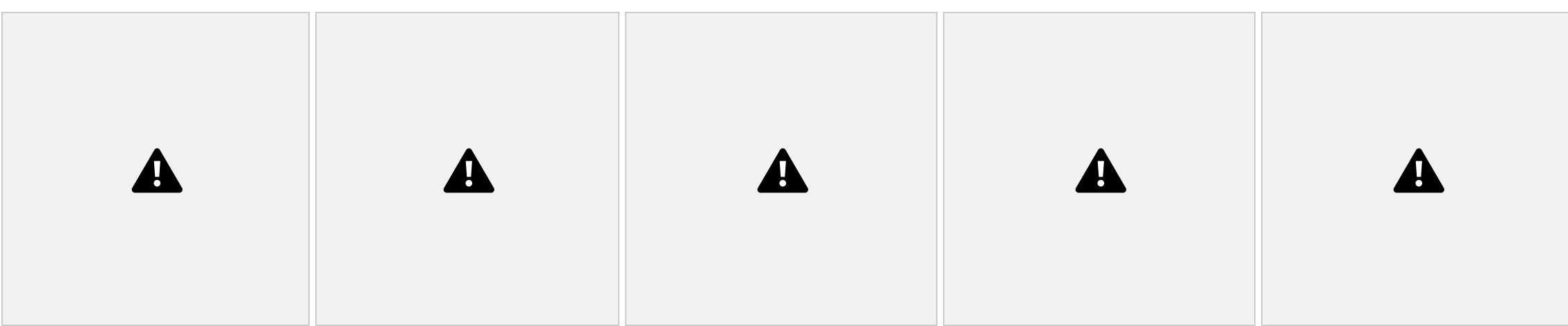
Local, immediate support
& advice for mental
health

SUPPORT
EXPERT HELP

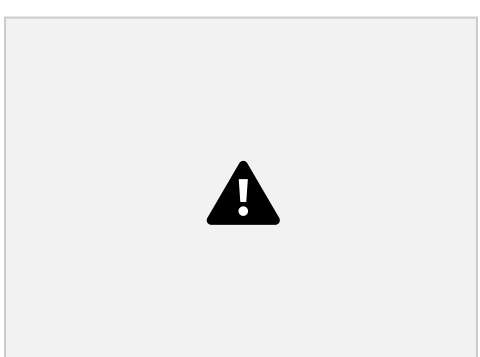
WAYS TO CONTACT :

phone | email | drop-in **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

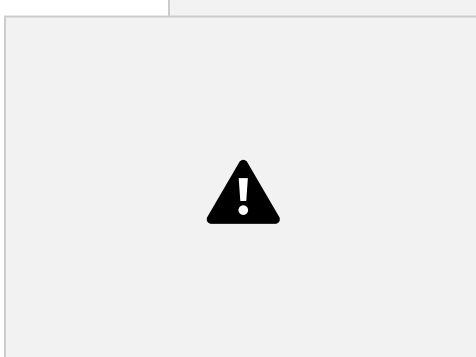
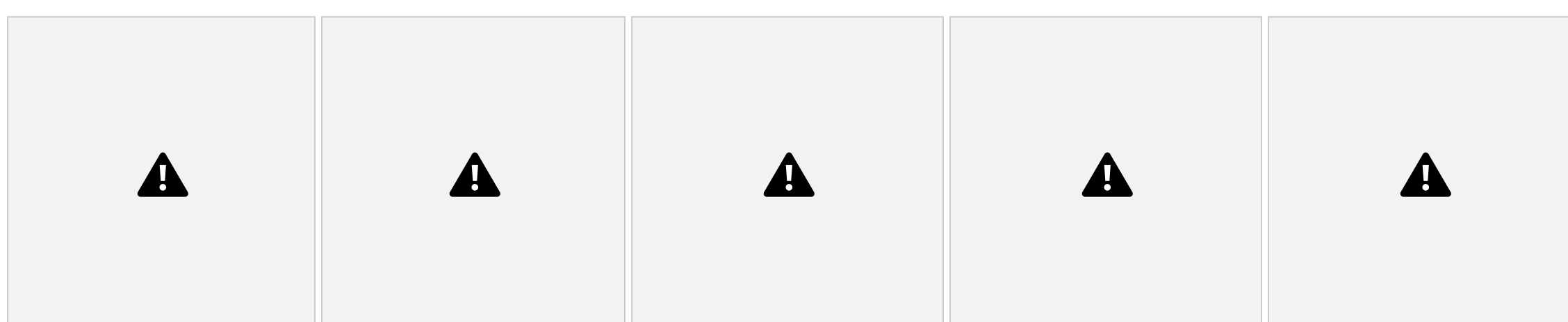


*If you didn't find what you need,
visit the Joy website*



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

07 Freeva (Sexual Violence Service)

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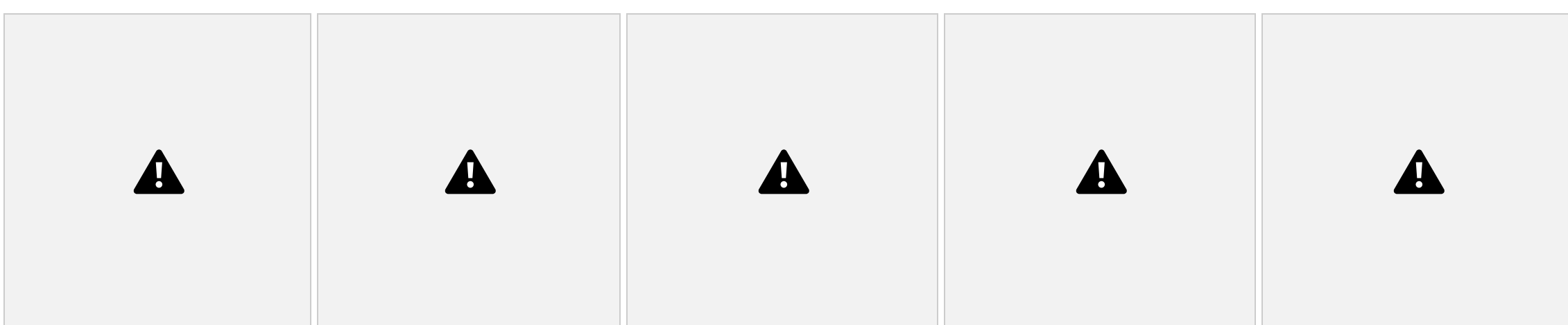
Sexual Violence
Support Services **WAYS**

ADVOCACY ADVICE

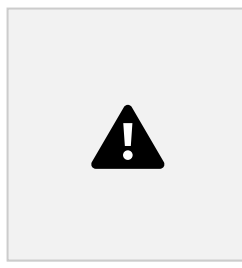
TO CONTACT :

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

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

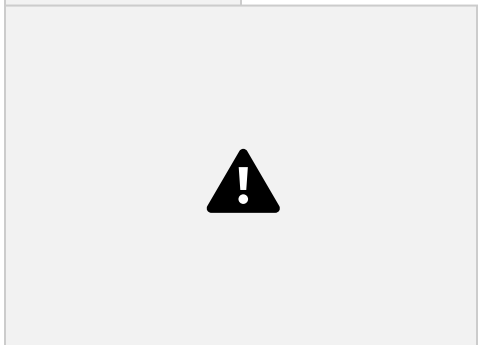
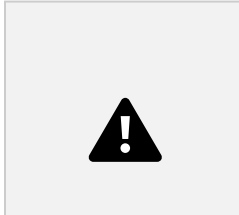


www.freeva.org.uk

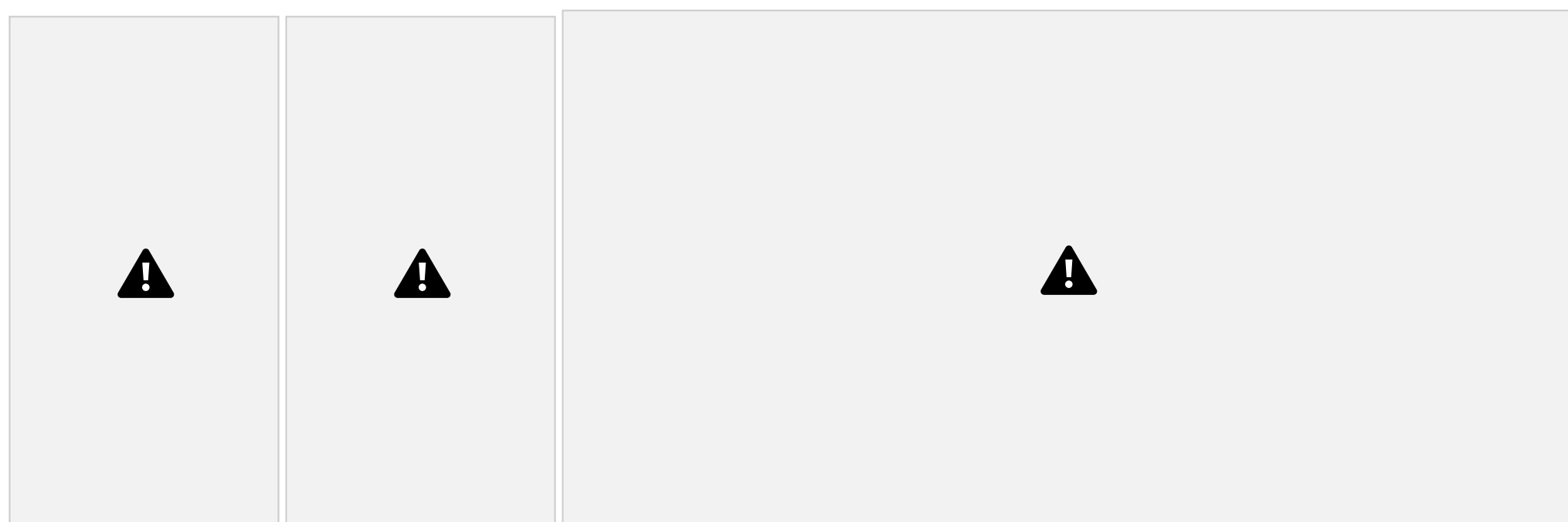


Freeva PO Box 7675 Leicester LE1 6XY

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

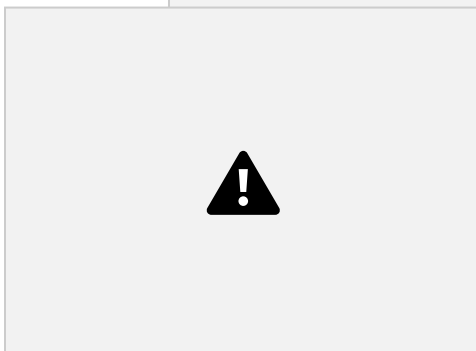
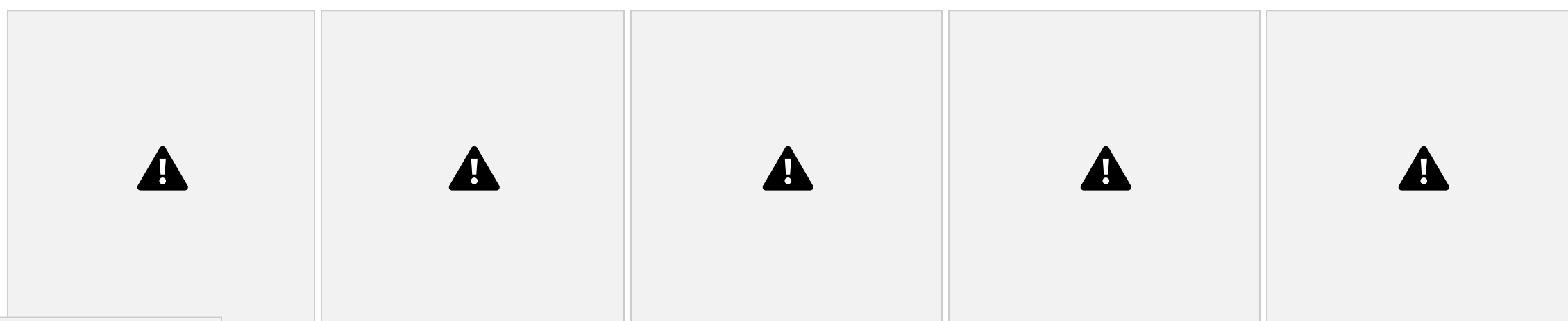


*If you didn't find what you need,
visit the Joy website*



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 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.

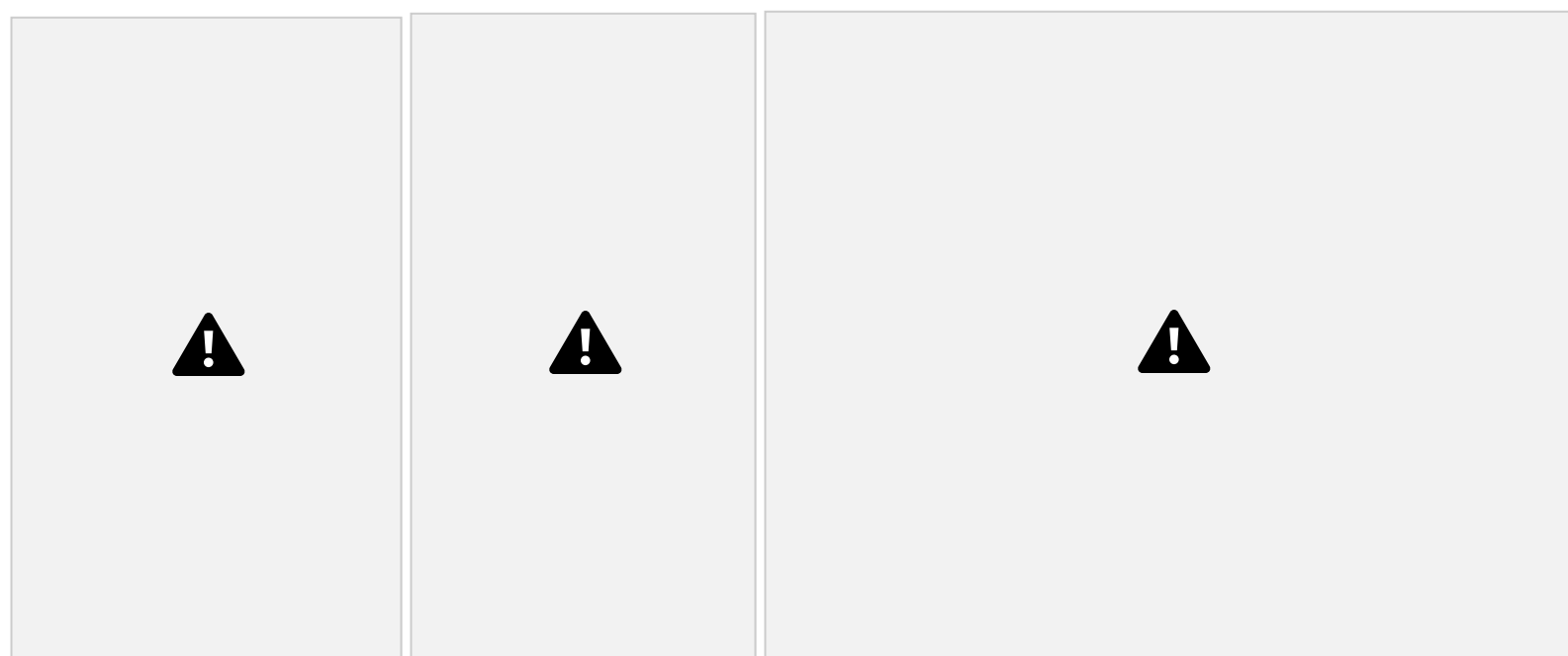
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visit the Joy website*

**08 Freeva (Young Person
Project)**

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Advice & support to help
resolve conflict

SUPPORT

INTERVENTION

WAYS TO CONTACT :

SELF CARE [phone](#) | [email](#) [Info-Leaflet](#)

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](#)

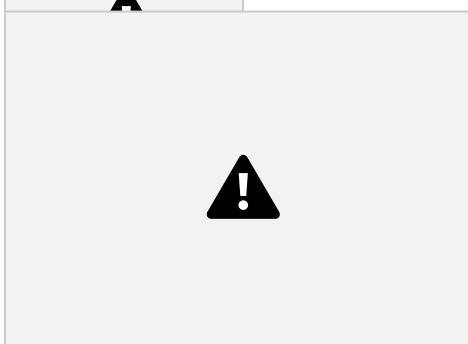


0116 254 0101



info@jenkinscentre.org

[www.freeva.org.uk/portfolio/young-person project/](http://www.freeva.org.uk/portfolio/young-person-project/)

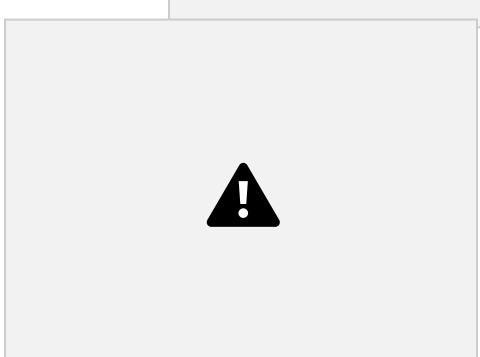
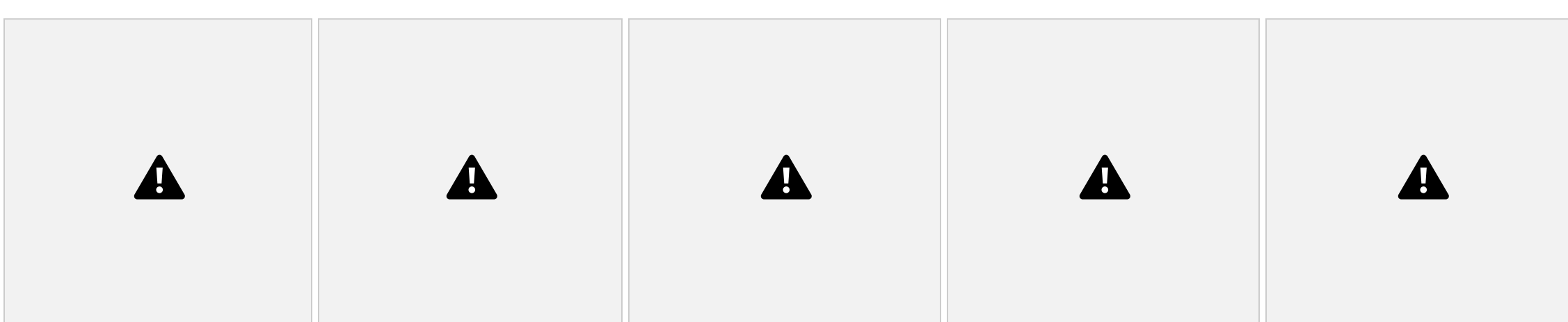


*If you didn't find what you need,
visit the Joy website*

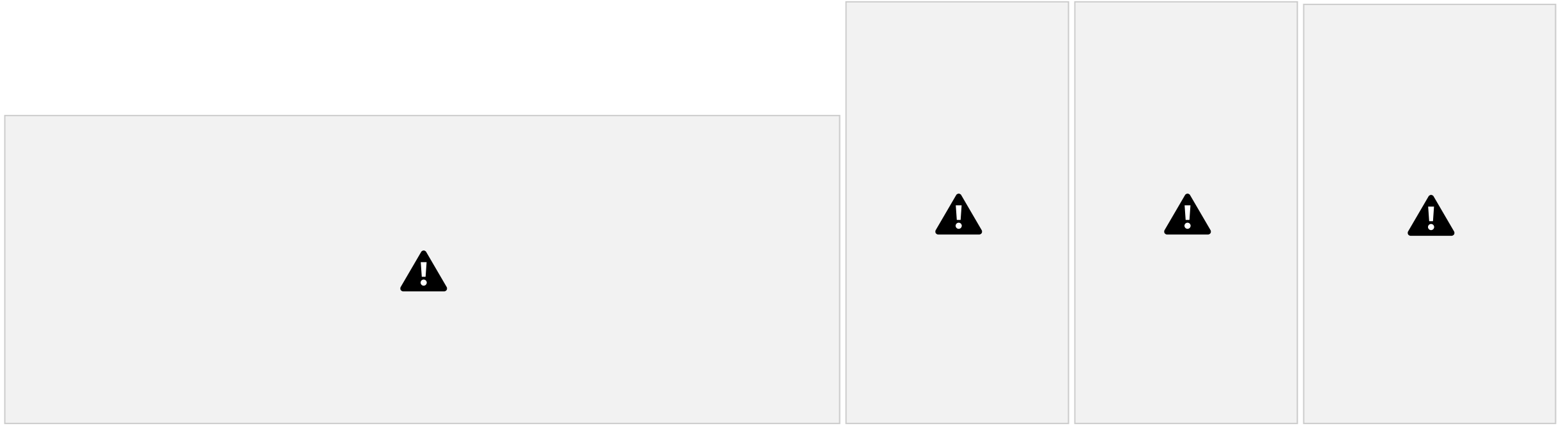


The Freeva YP Project was established to support young people using abusive behaviours. This may be in a dating relationship – known as intimate partner violence (IPV) or against a parent or carer known as either Adolescent to Parent Violence (APV) or Child on Parent abuse. We provide a group or 1-2-1 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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*If you didn't find what you need,
visit the Joy website*



Parenting advice and support with Under 5s health **ADVICE SUPPORT**

WAYS TO CONTACT :
SIGNPOSTING [online articles](#) | [useful links](#) [website](#)

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](#)

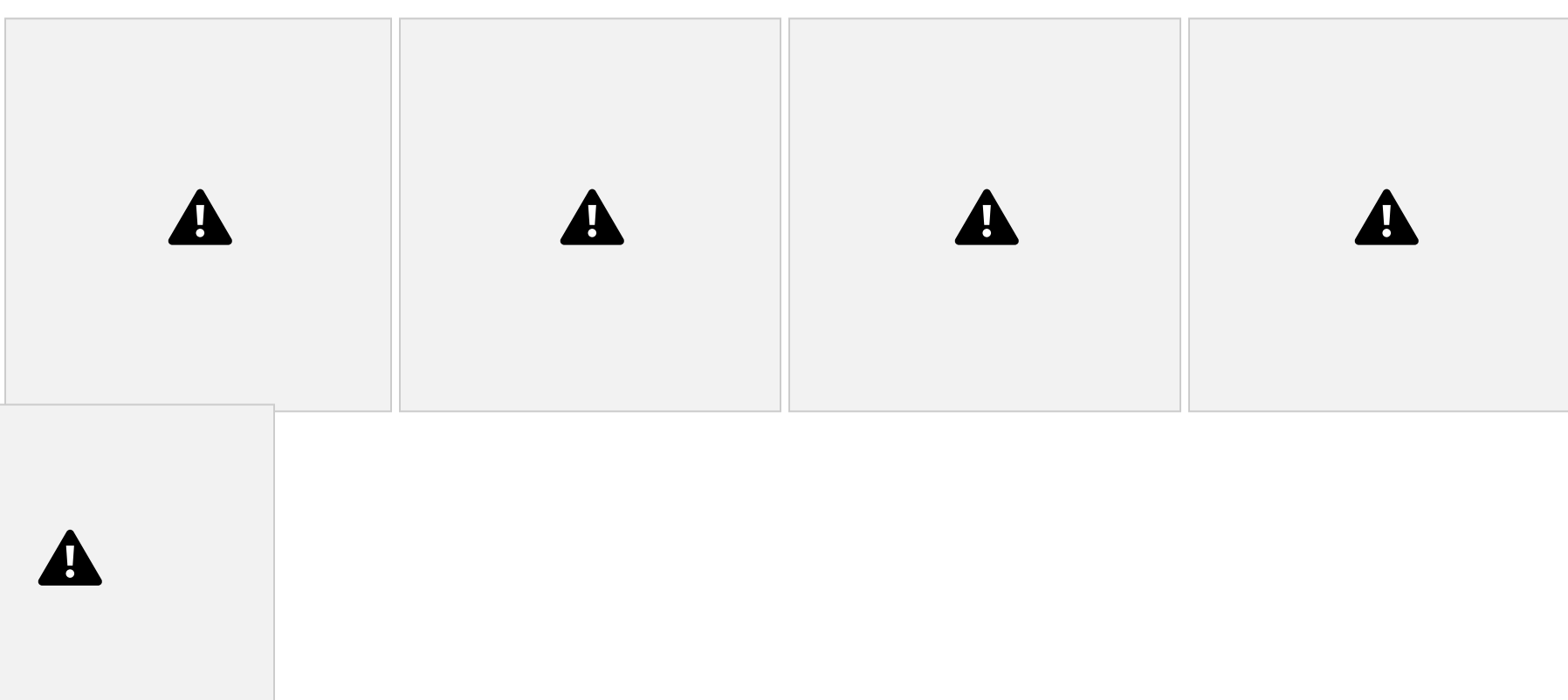


If you didn't find what you need, visit the Joy website



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.

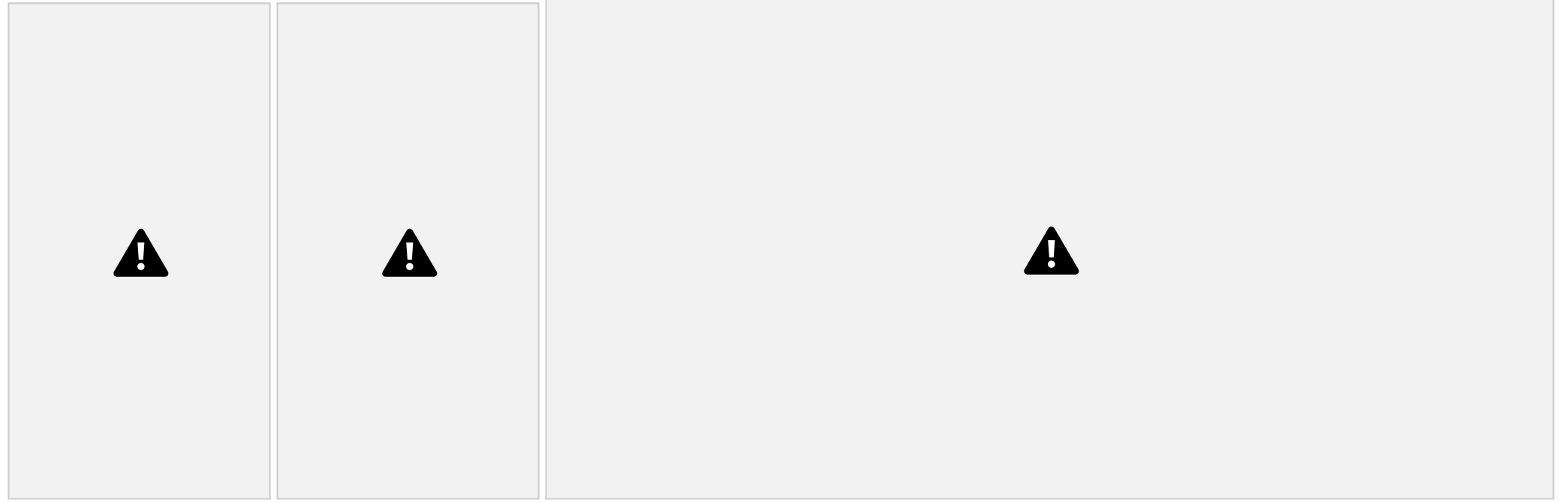
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*If you didn't find what you need,
visit the Joy website*

10 Jasmine House

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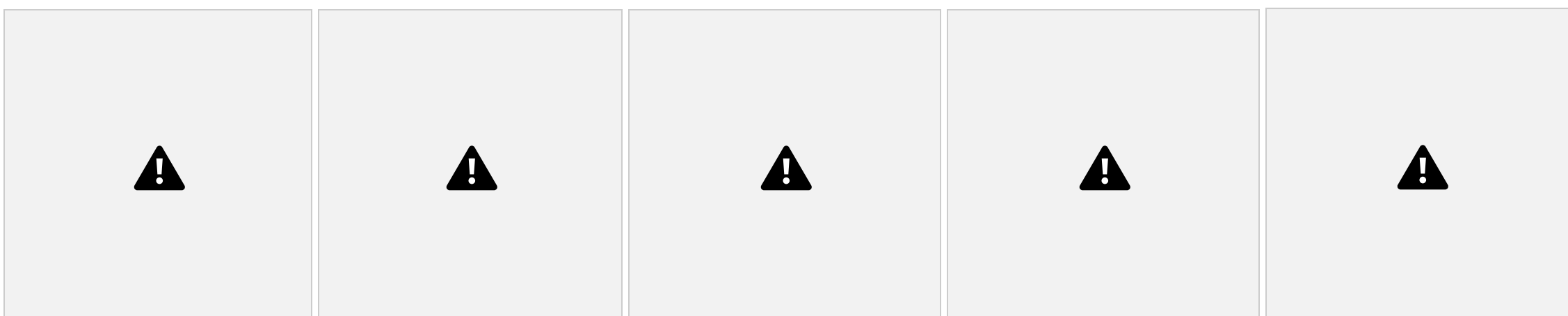
Support for female survivors of sexual violence

CONFIDENTIAL SAFE SPACE

WAYS TO CONTACT :

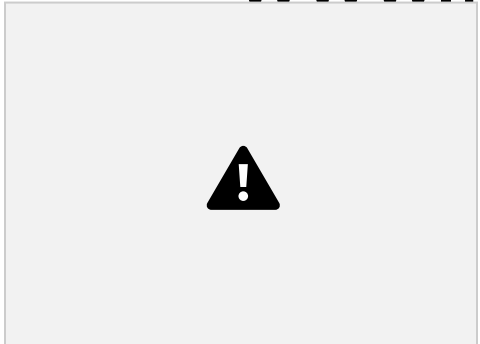
SUPPORT phone | email | SMS message Helpline

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](#)

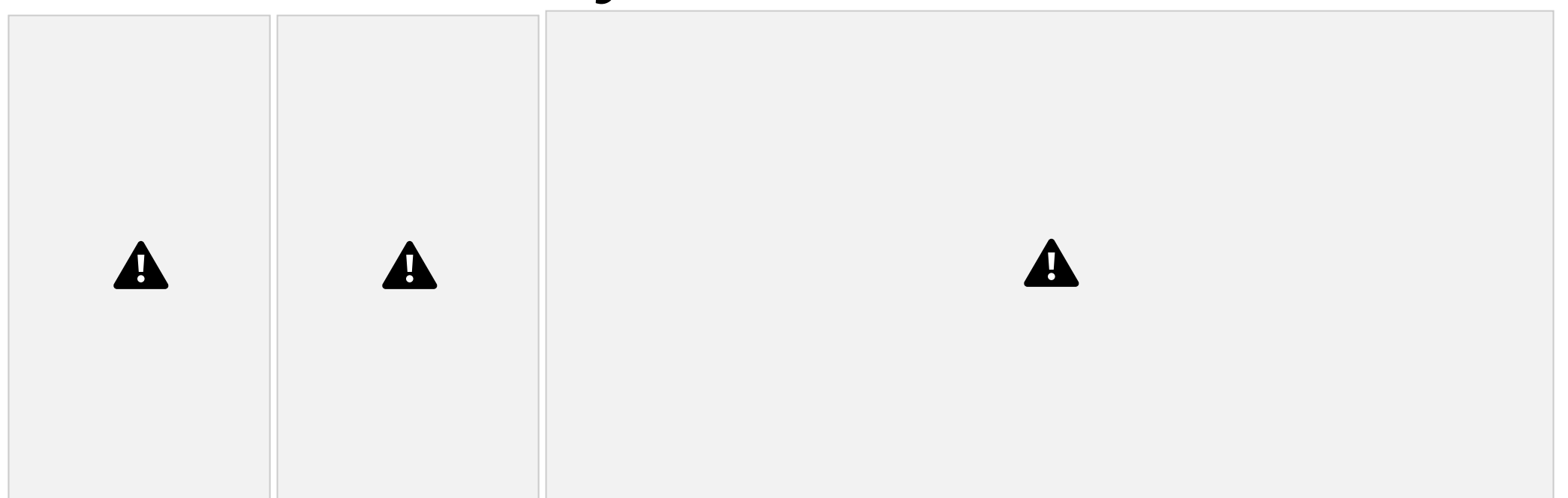


 0116 255 5962  07956 024 946 
admin@jasminehouse.org.uk

 RAPE CRISIS HELPLINE: 0808 500 2222 
www.jasminehouse.org.uk



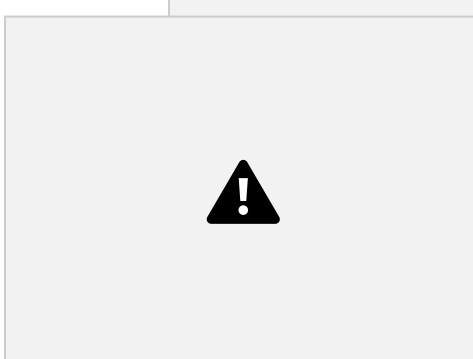
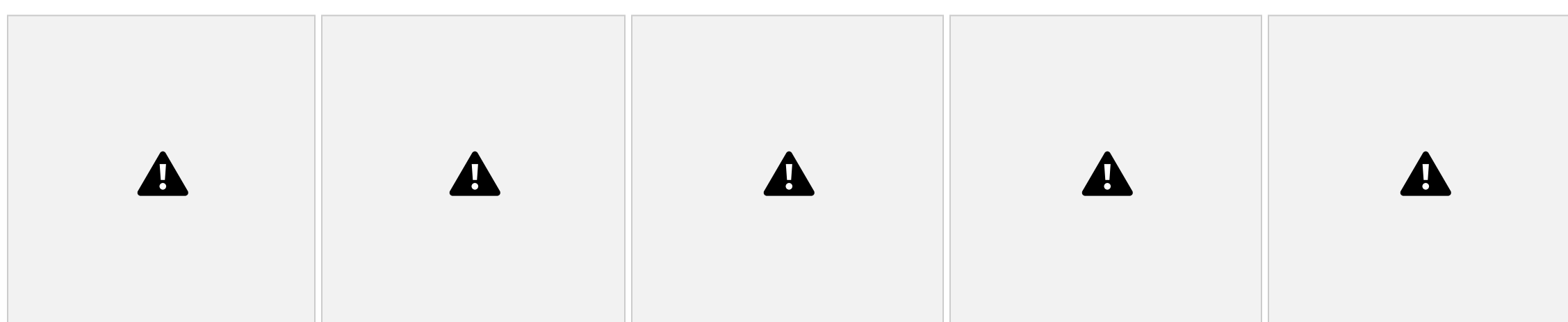
If you didn't find what you need, visit the Joy website



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

[11 Juniper Lodge SARC](#)

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[Sexual Assault Referral Centre](#)

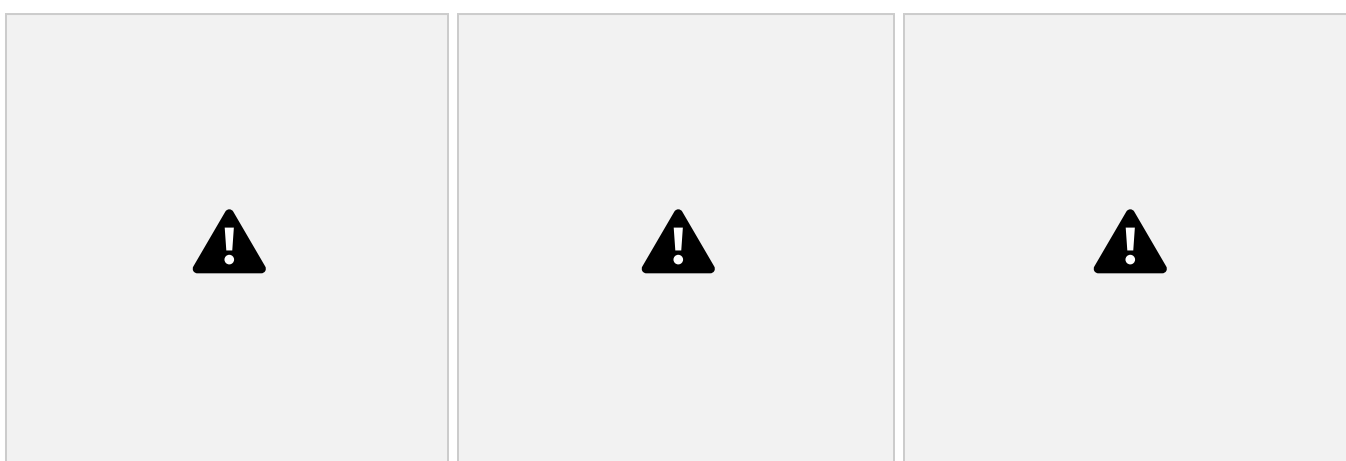
[SUPPORT](#)

[REFERRALS](#)

[WAYS TO CONTACT :](#)

MEDICAL phone | email by post | in person

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](#)

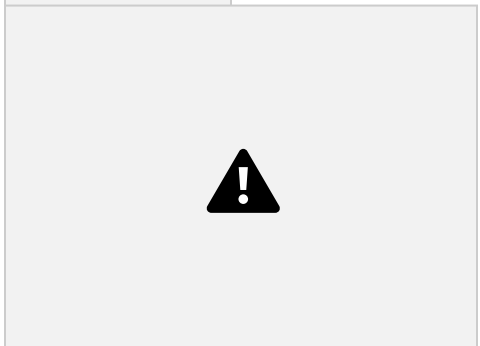
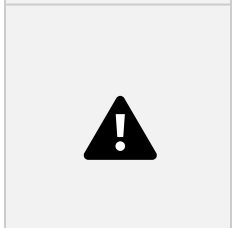


0116 273 3330



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



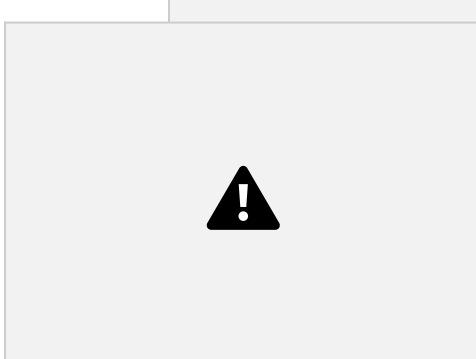
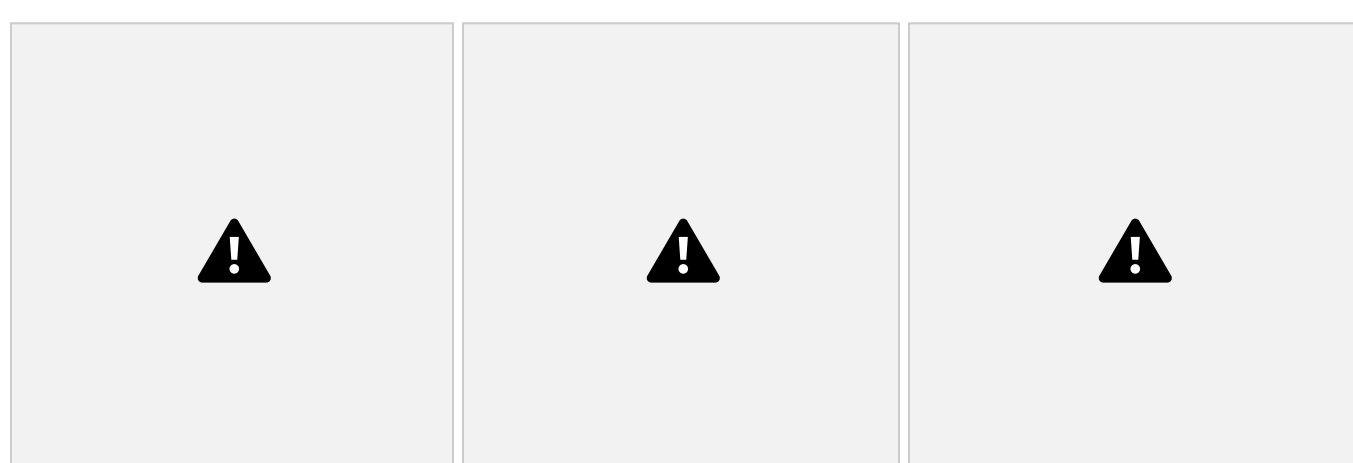
*If you didn't find what you need,
visit the Joy website*



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.

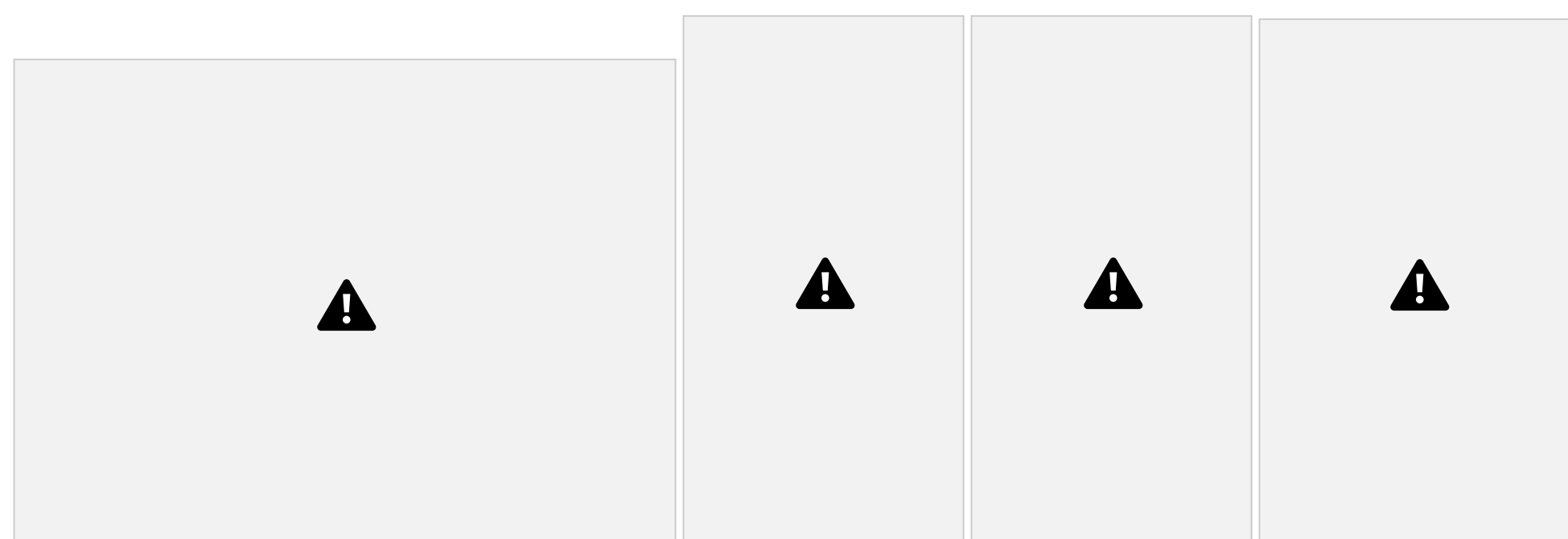
[BACK TO OVERVIEW](#)



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

12 Joy

[BACK TO CONTENTS](#)



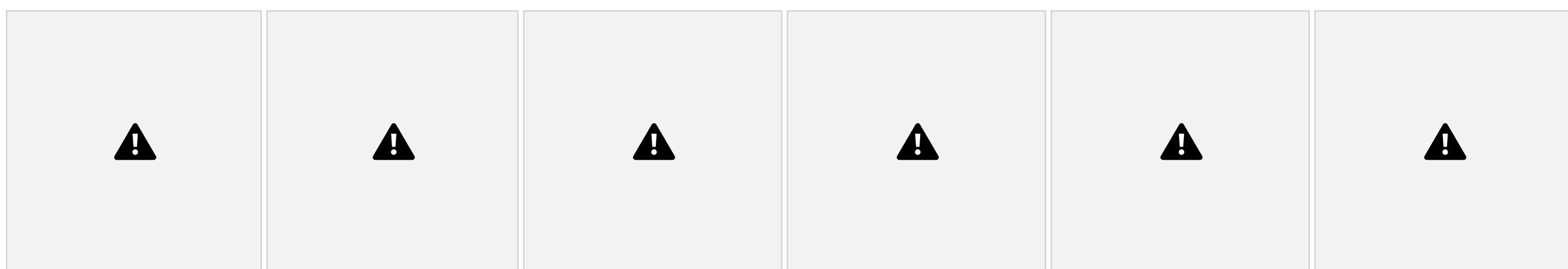
The right support is just a **DIRECTORY**
few clicks away

WAYS TO CONTACT :
SOCIAL HEALTH

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

The Joy social prescribing
database, helps you find relevant
activities and support close to

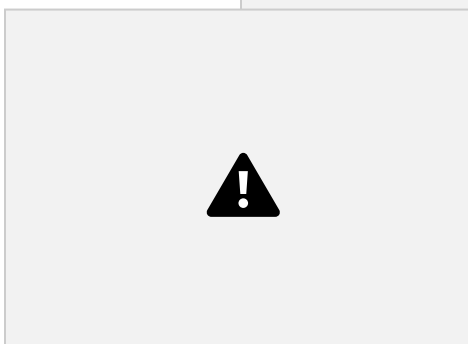
where you live. Browse through categories and apply filters to find the right service. Joy helps you to find activities, groups and support offers near you. From wa ... READ MORE



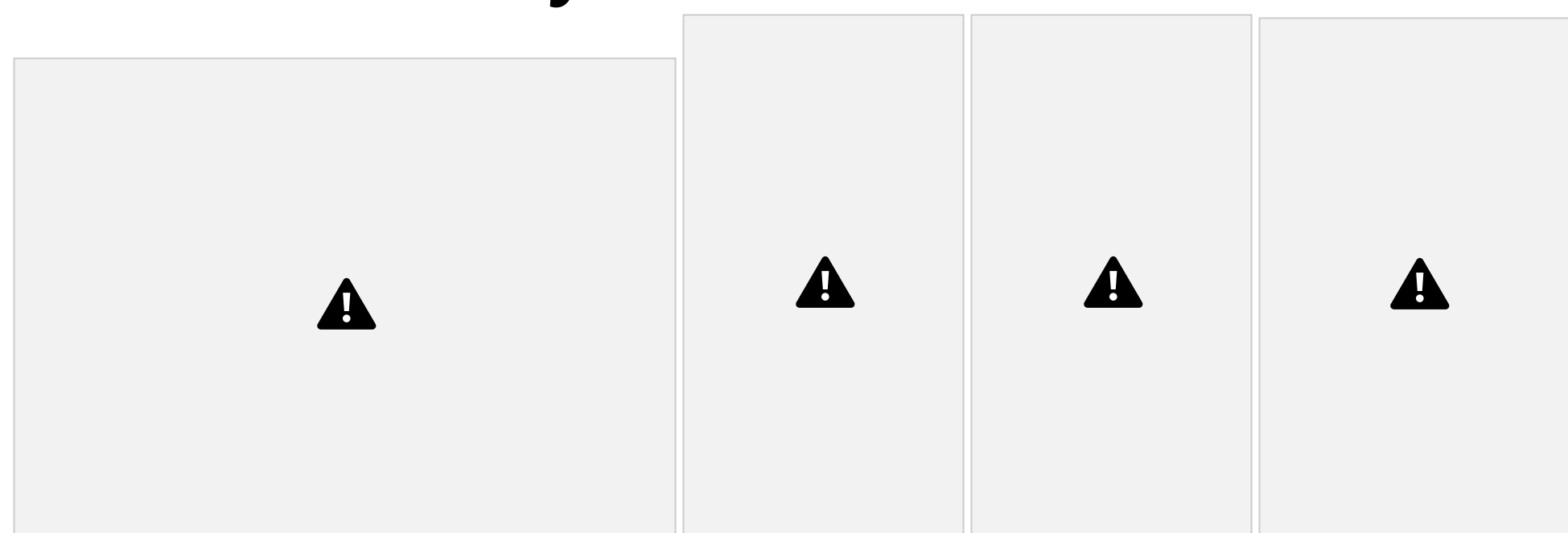
<https://www.leicspart.nhs.uk/mental-health/resources/conditions/joy-social-prescribing>



Launch the Joy database



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



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](#)



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

[13 Lamp Advocacy](#)

[BACK TO CONTENTS](#)



**Leicestershire Action
for Mental Health
Project**

ADVOCACY ADVICE

WAYS TO CONTACT :

RIGHTS [phone](#) | [email](#) | [by post](#) [web enquiry](#)

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

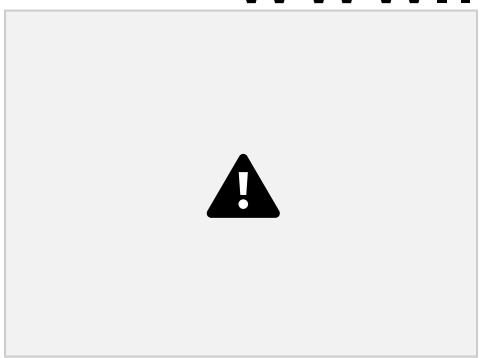
Lamp, Universal House, 1 Merus Court, Meridian



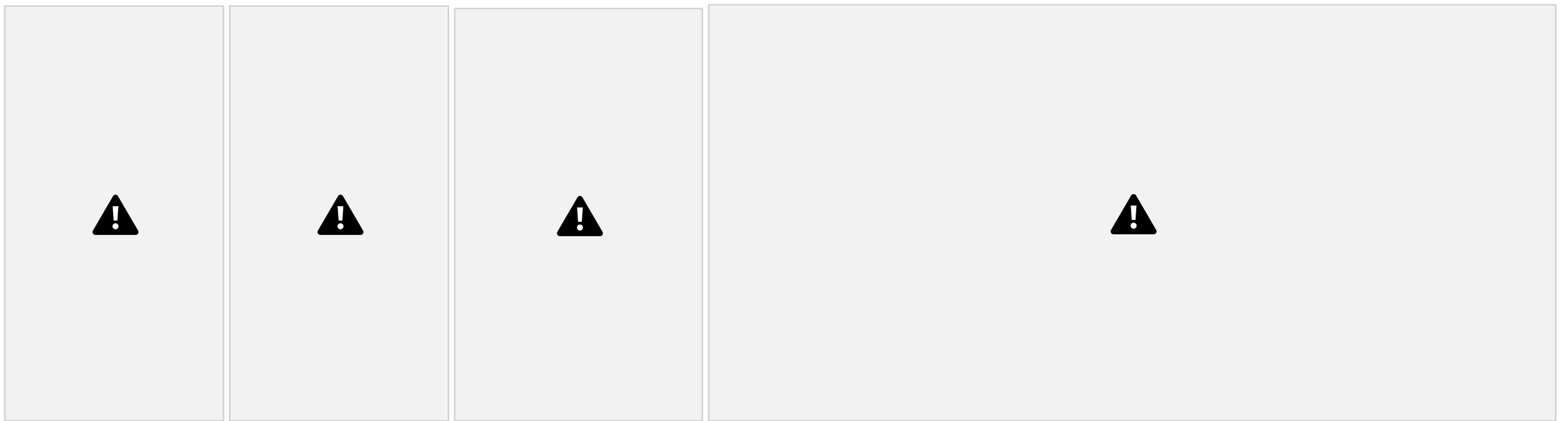
Business Park, Leicester, LE19 1RJ



www.lampadvocacy.co.uk



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

14 Life Links

BACK TO CONTENTS



**Tailored wellness and
mental health
recovery service**

ADVICE SUPPORT

WAYS TO CONTACT :

SIGNPOSTING phone | email | by post digital resources |
in person

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



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

15 Papyrus

BACK TO CONTENTS



SUPPORT

Prevention of Young

SAFE-SPACE

Suicide WAYS TO

CONTACT :

24hr HELPLINE phone | email | SMS message

**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

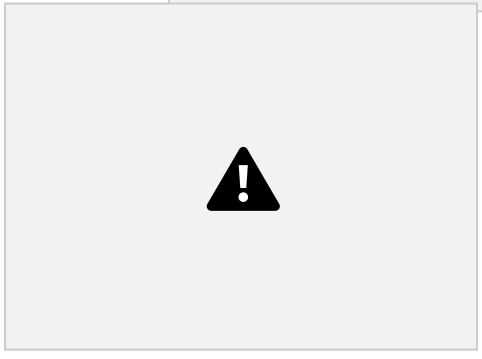
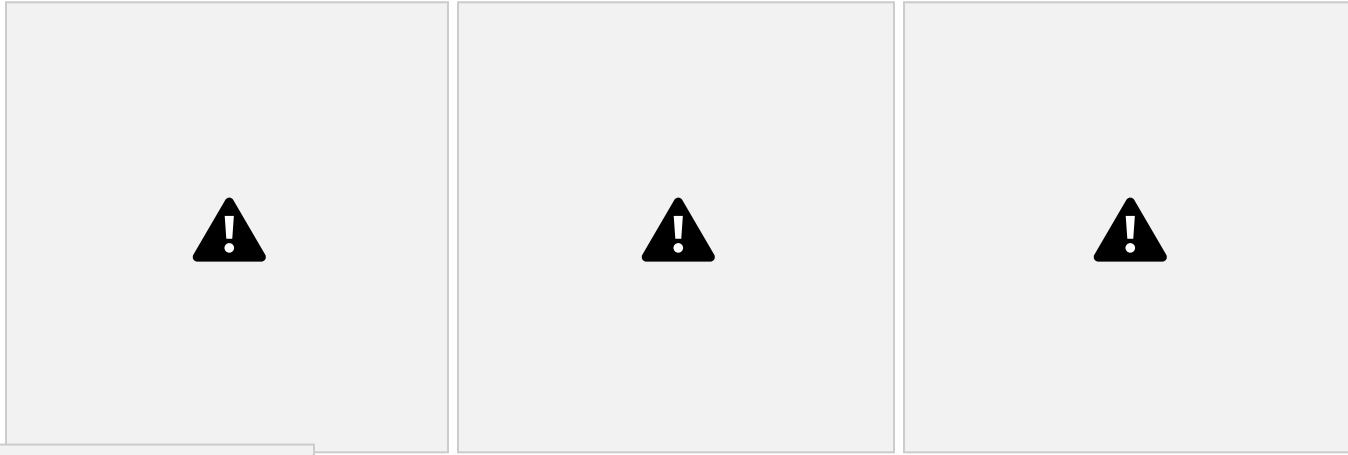
www.papyrus-uk.org

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



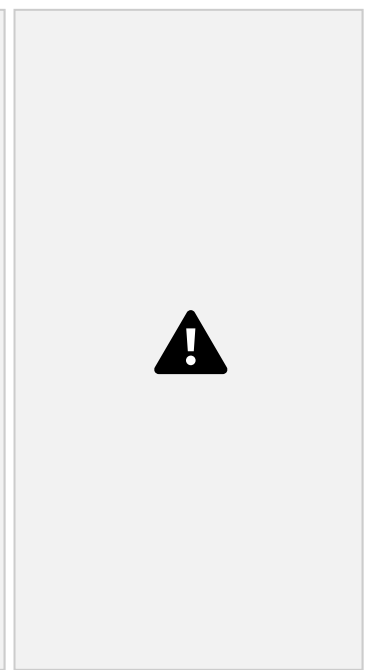
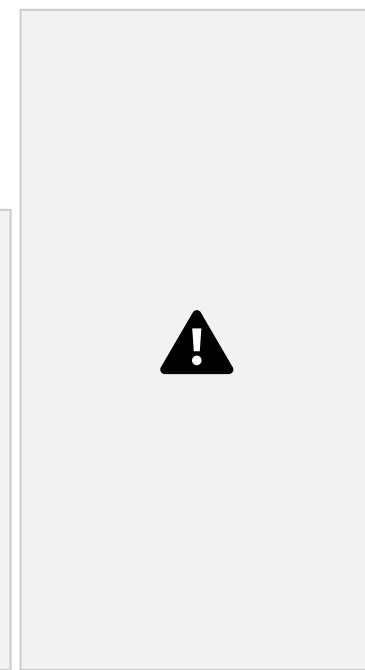
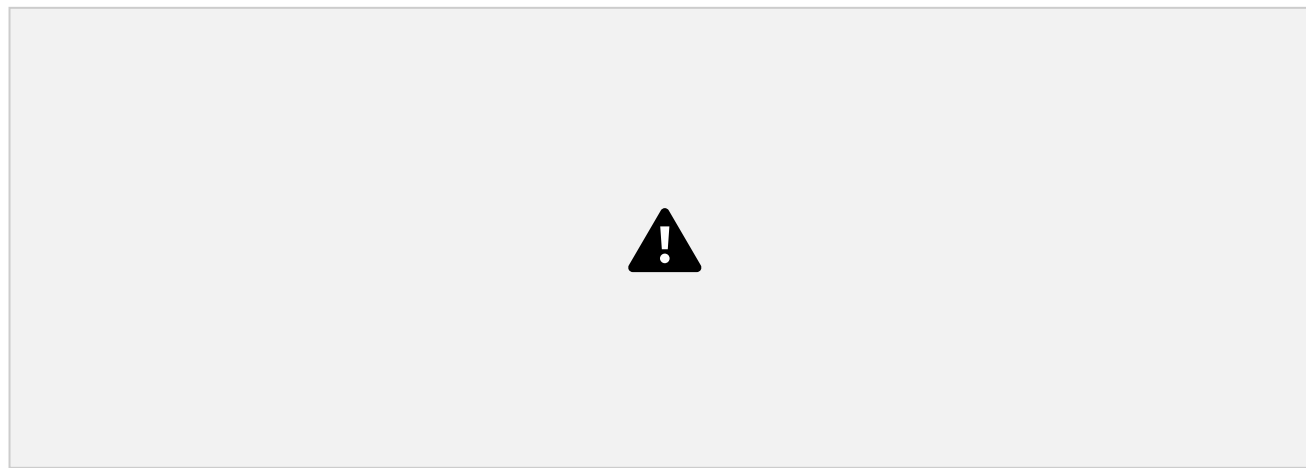
PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Our main support service is HOPELINEUK which is a free and confidential suicide prevention helpline supporting young people 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)

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

16 Preparing for Adulthood [BACK TO CONTENTS](#)



Advice and support for
young adults with
additional needs

RESOURCES

ADVICE

WAYS TO CONTACT :

SUPPORT [email](#) | [by post](#) | [online resource](#)

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 [0 ... 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)



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



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.

[BACK TO OVERVIEW](#)



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



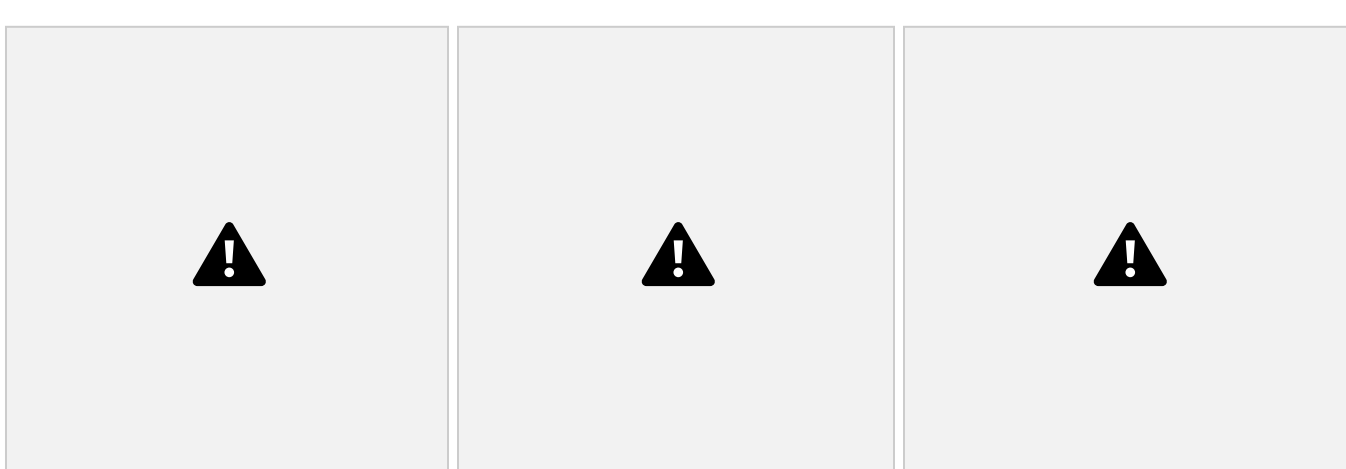
Whatever you're going through, a Samaritan will face it with you. **HELPLINE**
SUPPORT

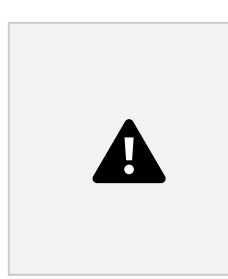
WAYS TO CONTACT :

phone | email | by post **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



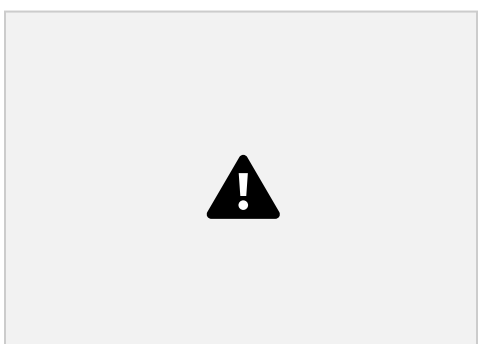
 116 123 (free call)  0330 094 5717 

 jo@samaritans.org

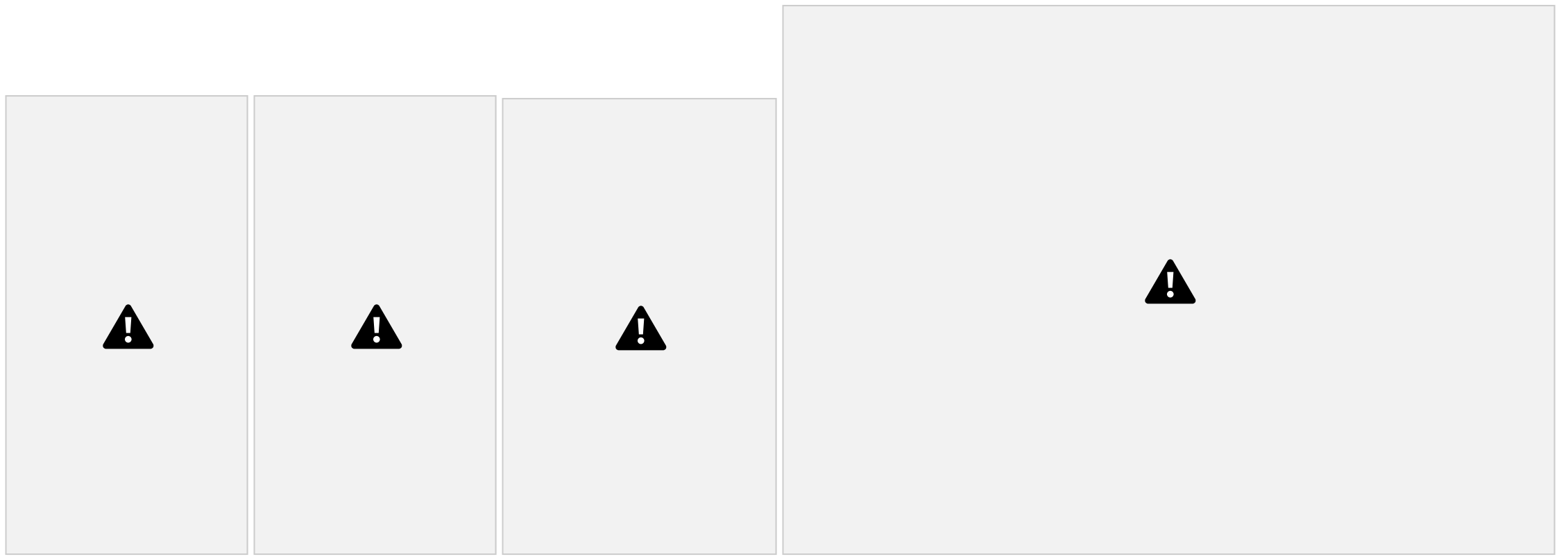
 Freepost SAMARITANS LETTERS 1a Elmfield Avenue,

Leicester LE2 1RB (no stamp required) 

www.samaritans.org/branches/leicester



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



Support for people
struggling with thoughts
of suicide

RESOURCES

WAYS TO CONTACT :
FIND HELP

AWARENESS Online and downloadable resources

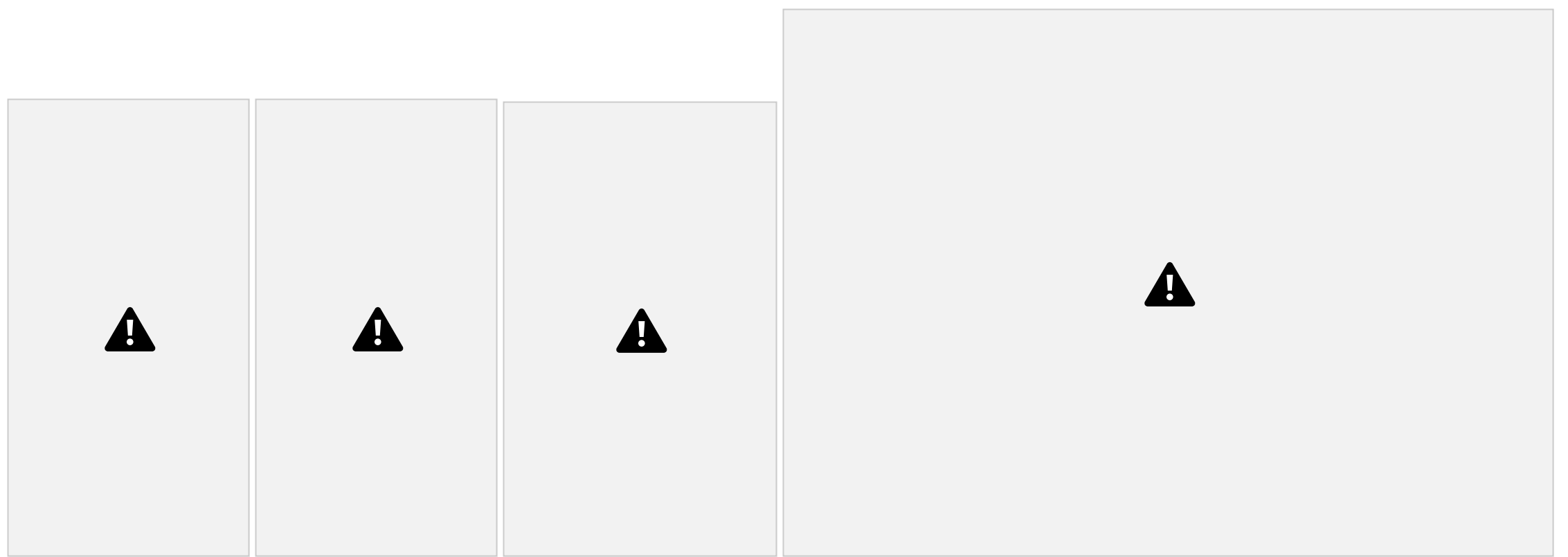
Start a Conversation provide support to people who may be struggling with their mental health or thoughts of suicide. This online resource has links and information about multiple agencies and support services across Leicester city and Leicestershire. S ... [READ MORE](#)



www.startaconversation.co.uk

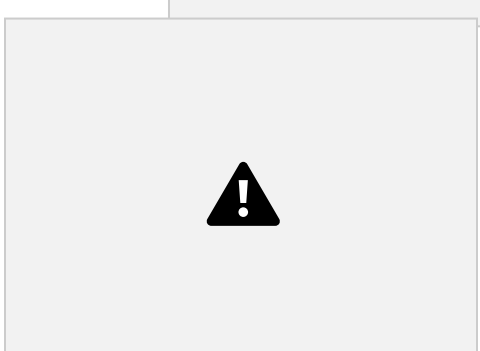


*If you didn't find what you need,
visit the Joy website*



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

**19 STARTAconversation
(DistractApp)**

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Quick and discreet
access to general
health information

SELF-HELP

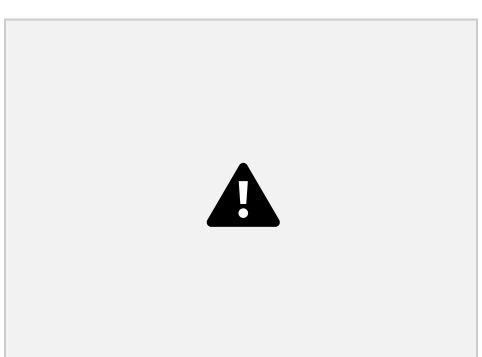
RESOURCES

WAYS TO CONTACT :

App download

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](#)

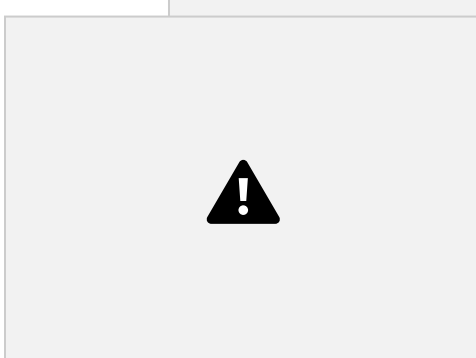


*If you didn't find what you need,
visit the Joy website*



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

**20 STARTAconversation
(Mensoar)**

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**Men's mental health
support forum**

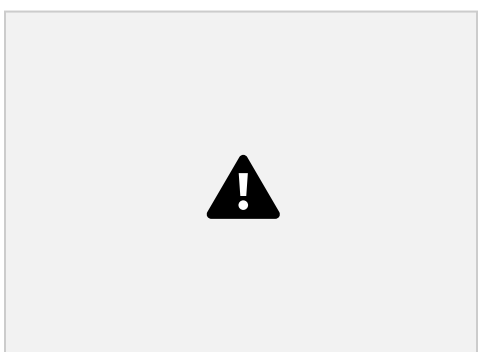
WAYS TO CONTACT :

GROUPS online leaflet

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>



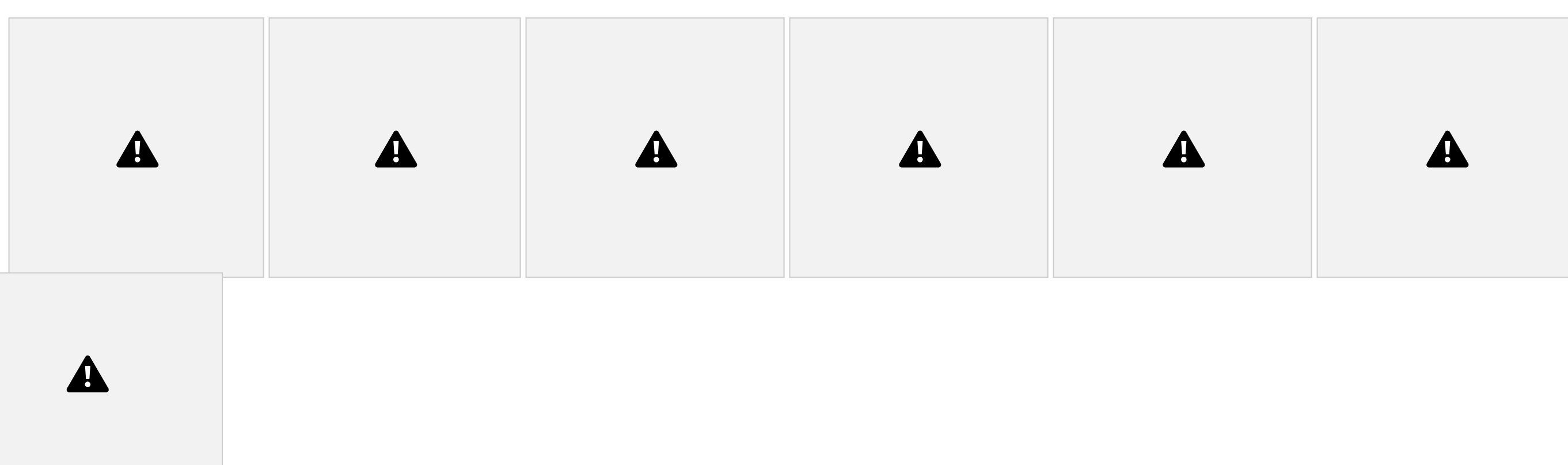
If you didn't find what you need, visit the Joy website



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

21 Stayalive

[BACK TO CONTENTS](#)



Quick and discreet access to general health information

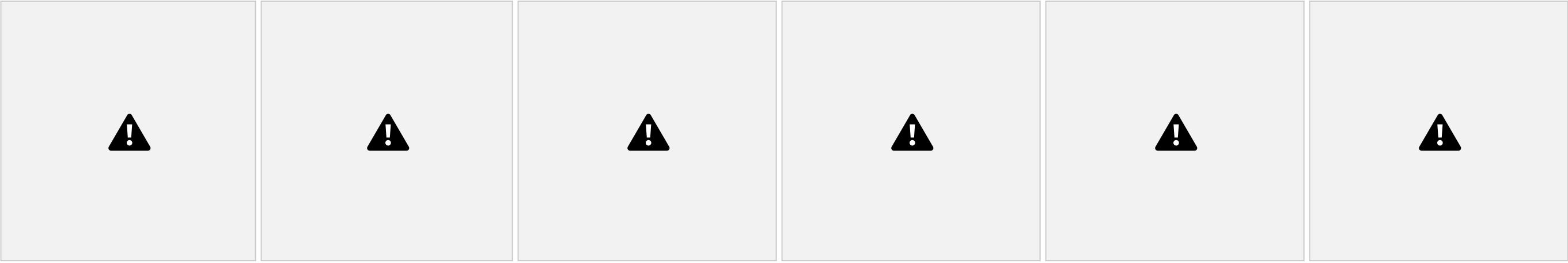
**24hr HELPLINE
SUPPORT**

WAYS TO CONTACT :

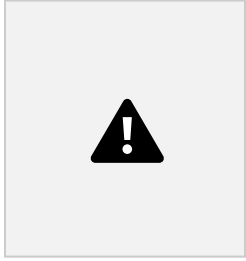
CRISIS HOUSE App download

Leicester, Leicestershire and Rutland Crisis House offers

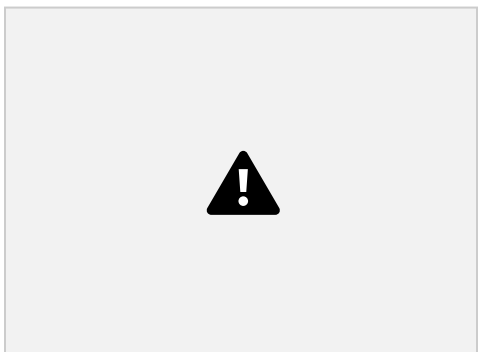
support to people aged 18 and above who are experiencing a mental health crisis. Support is provided in a variety of ways including: short term stay in the crisis house, a 24/7 telep ... READ MORE



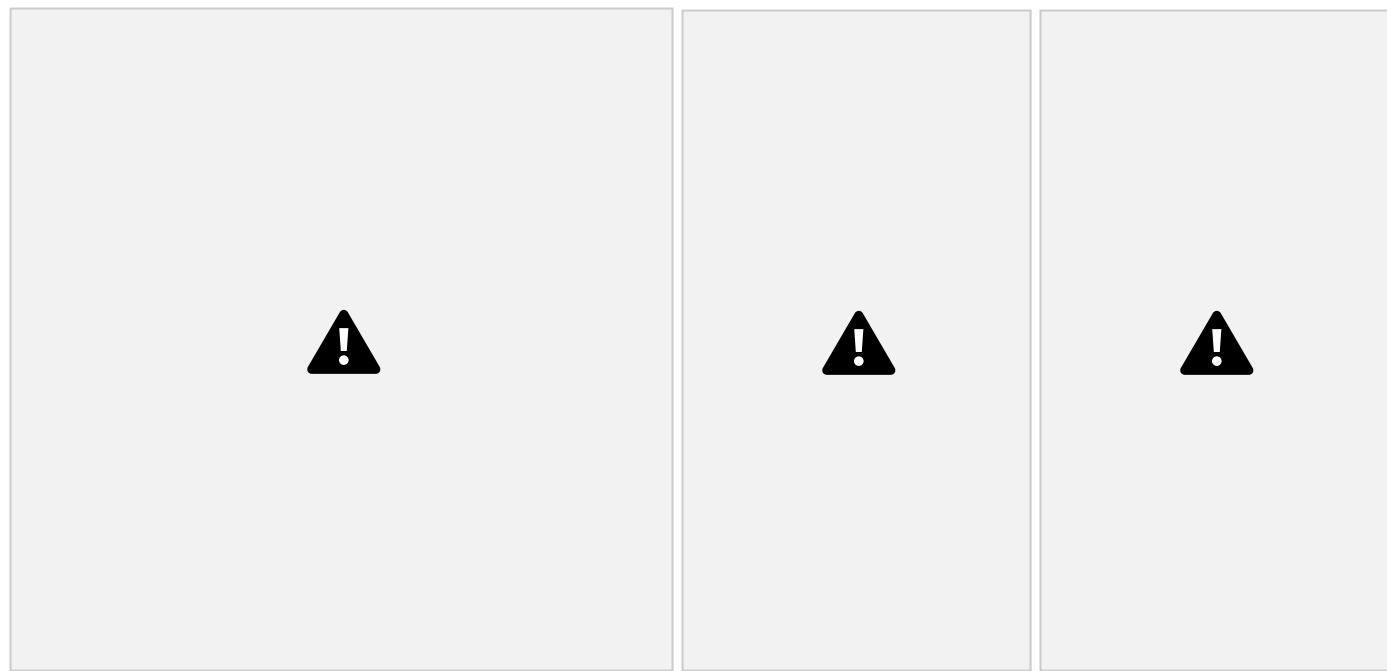
0116 210 4510



Leicestershire.Helpline@turning-point.co.uk
www.stay-alive.app/find-help-now/resources-by-area/england/leicestershire



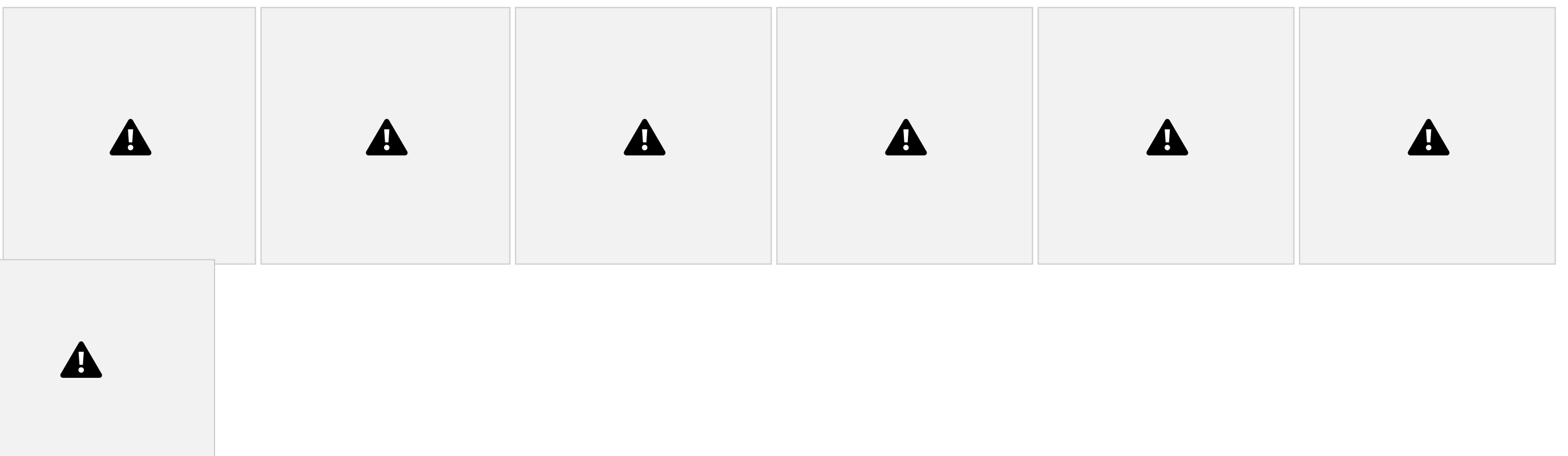
If you didn't find what you need, visit the Joy website



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.

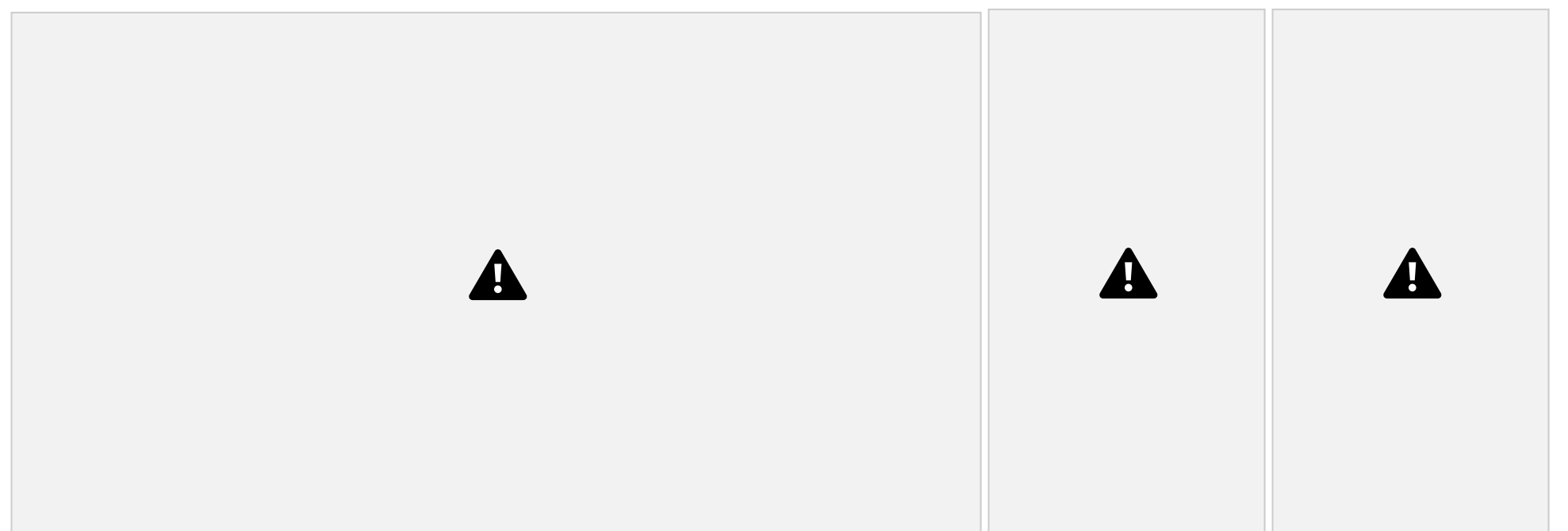
[BACK TO OVERVIEW](#)



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

22 The Adam Project

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**Support for men
experiencing, or at risk
from domestic abuse**

CONFIDENTIAL

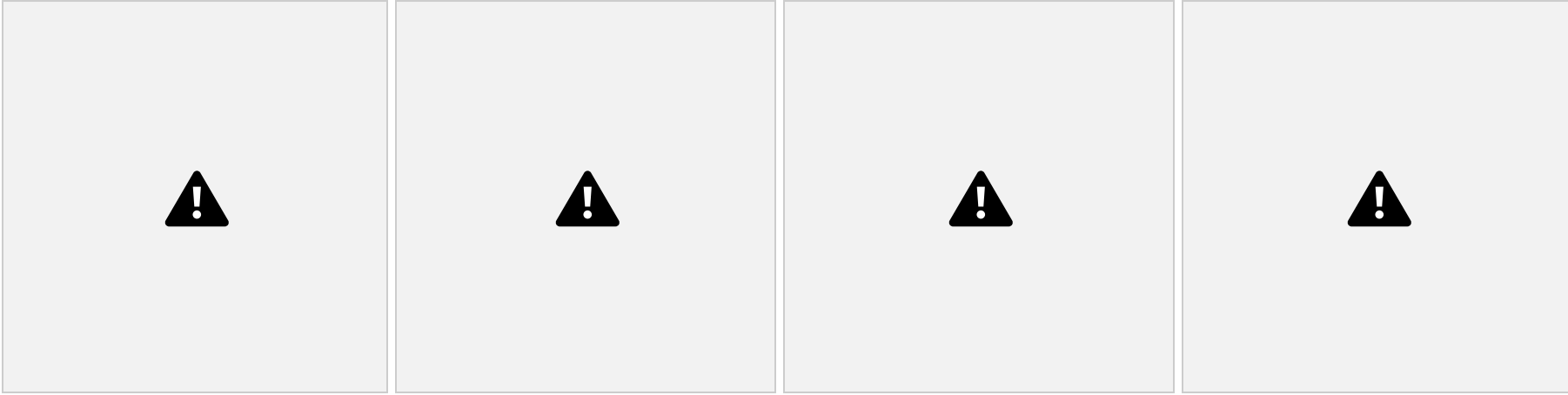
SUPPORT

WAYS TO CONTACT :

ADVICE phone | email by post | in person

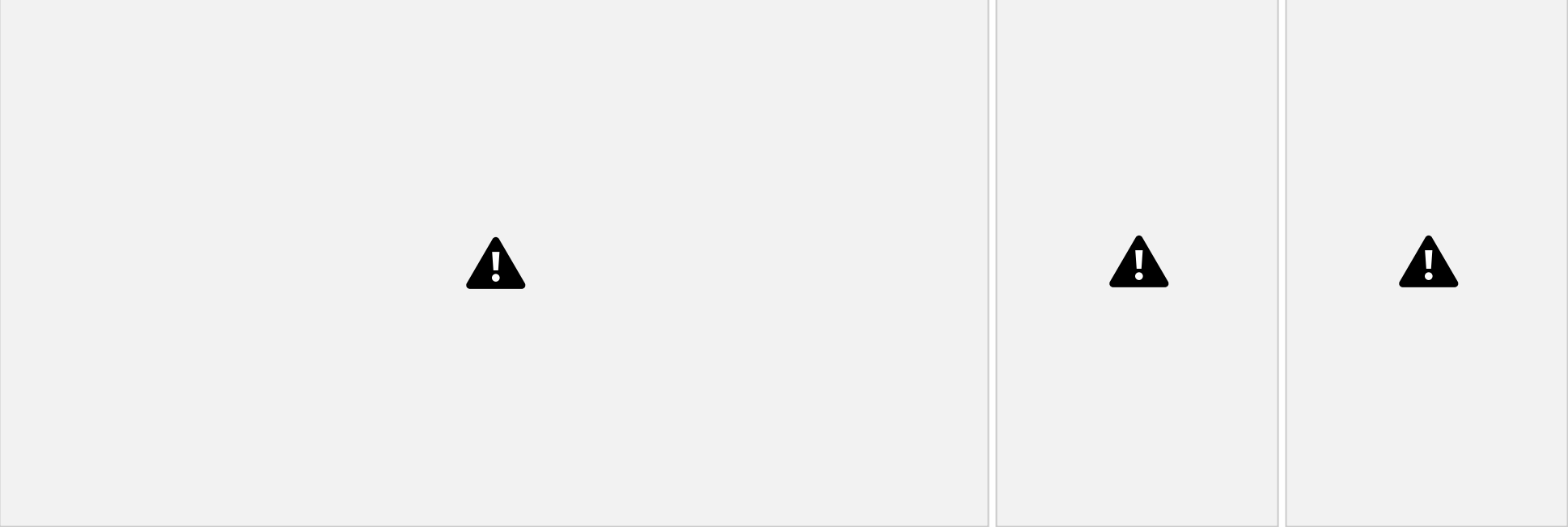
The Adam project offers free, confidential advice and support for men experiencing, or at risk from domestic abuse. Any male aged 18 years or over living in Leicestershire, who is

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


*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.

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

23 The Laura Centre

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Therapeutic
bereavement
counselling

COUNSELING

SUPPORT

WAYS TO CONTACT :

PLAY THERAPY [phone](#) | [email](#) [by post](#) | [in person](#)

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



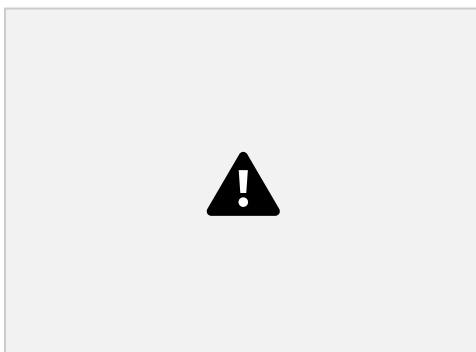
*If you didn't find what you need,
visit the Joy website*



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.

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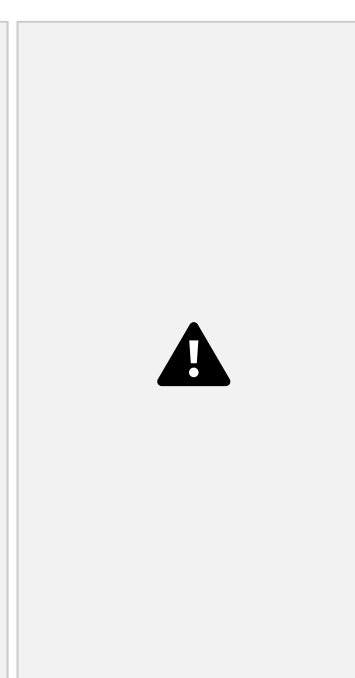
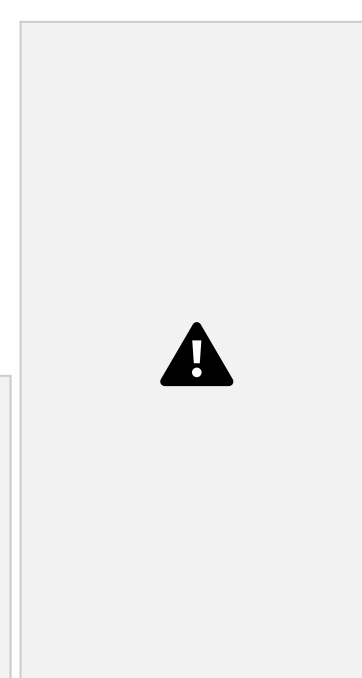
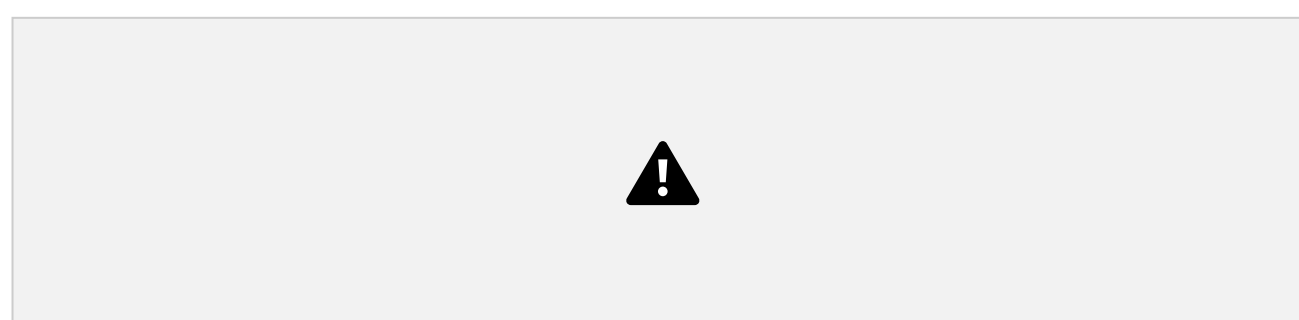




*If you didn't find what you need,
visit the Joy website*

24 The LGBT Centre

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**Information and
support for LGBT
people**

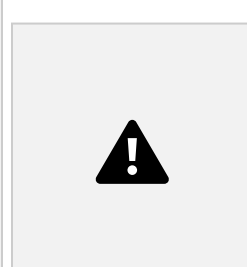
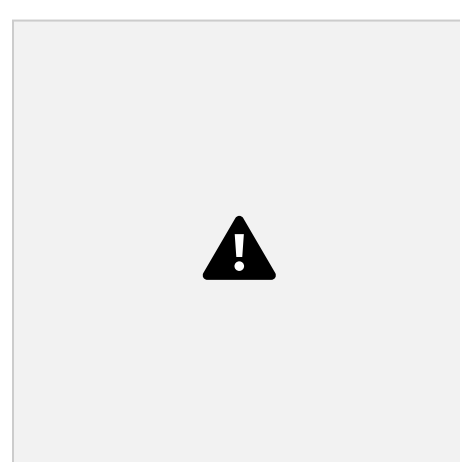
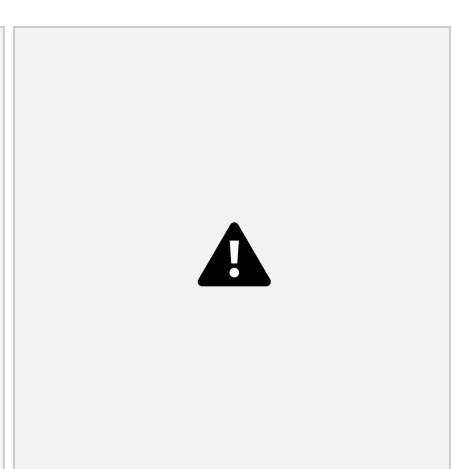
SUPPORT

ACTIVITIES

WAYS TO CONTACT :

COUNSELING phone | email by post | in person

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



*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





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

25 The Mix

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Online support service for **HELPLINE**
young people

CONFIDENTIAL

WAYS TO CONTACT :

DISCUSSION [email](#) | [SMS message](#) [web-chat](#) | [online 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



*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](#)



If you didn't find what you need,



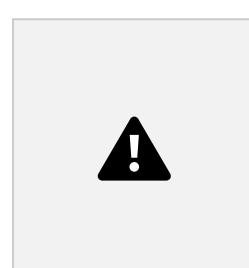
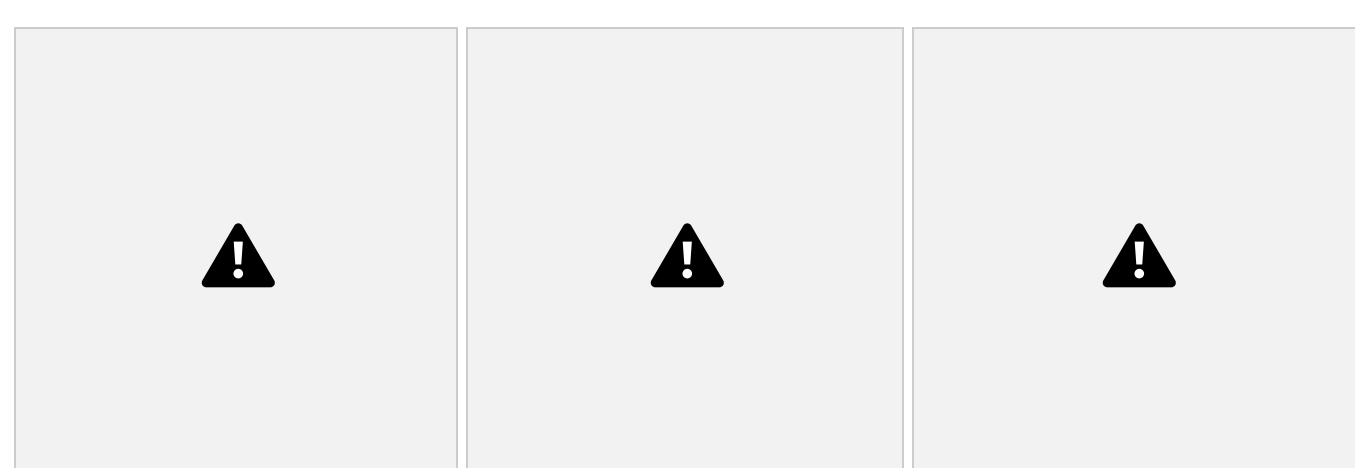
Support for people bereaved or affected by a death by suicide

CONFIDENTIAL

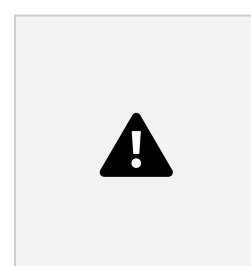
WAYS TO CONTACT :
1-2-1 SUPPORT

COUNSELING phone | email by post | in person

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](#)



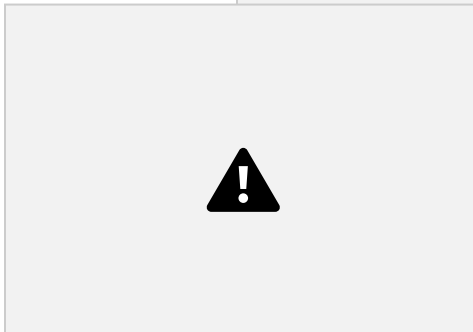
0115 880 0280



bereavement.leics@tomorrowproject.org.uk Voluntary Action Leicestershire 9, Newarke Street, Leicester, LE1 5SN



www.tomorrowproject.org.uk

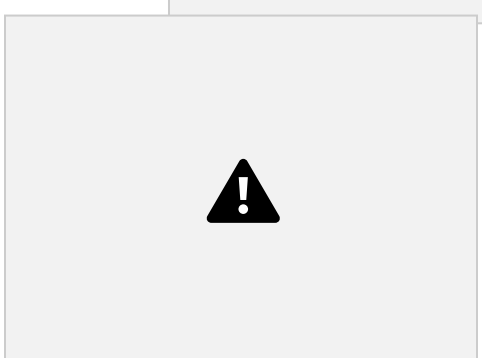
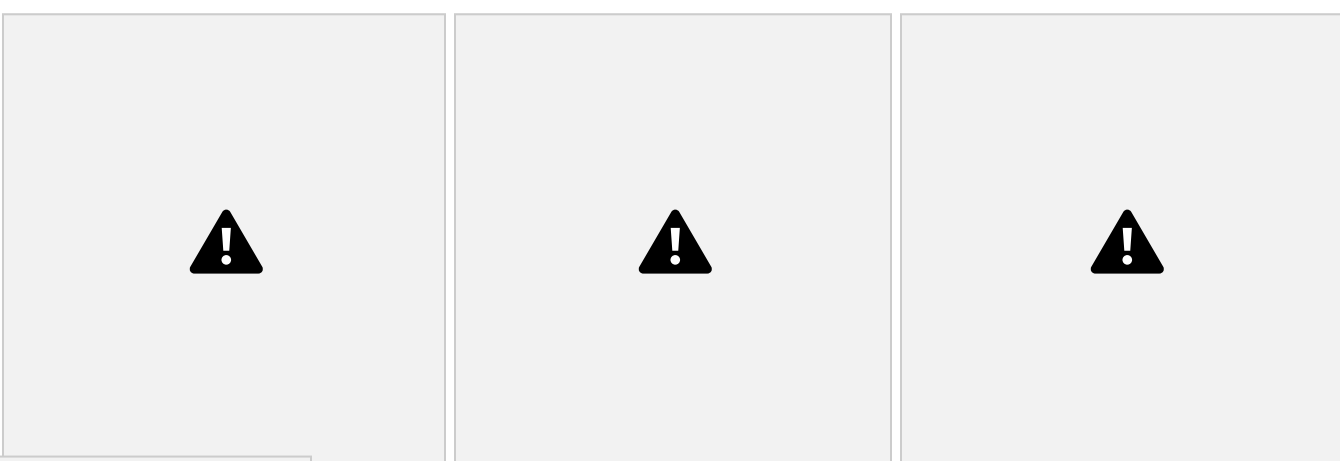


If you didn't find what you need, visit the Joy website



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.

[BACK TO OVERVIEW](#)



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



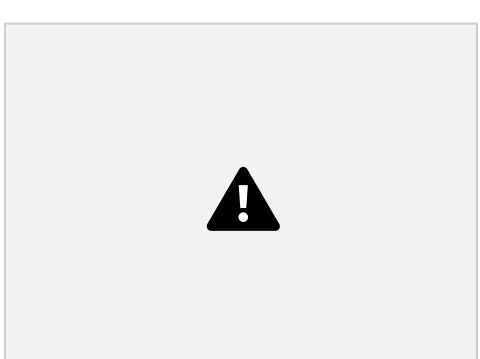
SUPPORT

When you can't tell anyone else. Tellmi.

WAYS TO CONTACT :
ANONYMOUS PEER

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

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](#)

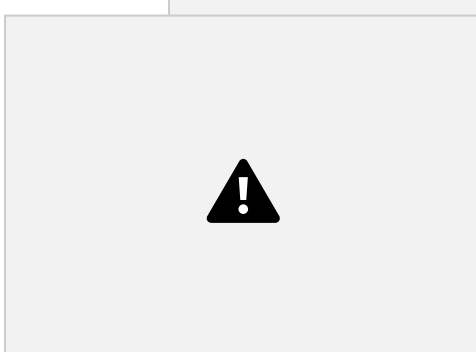
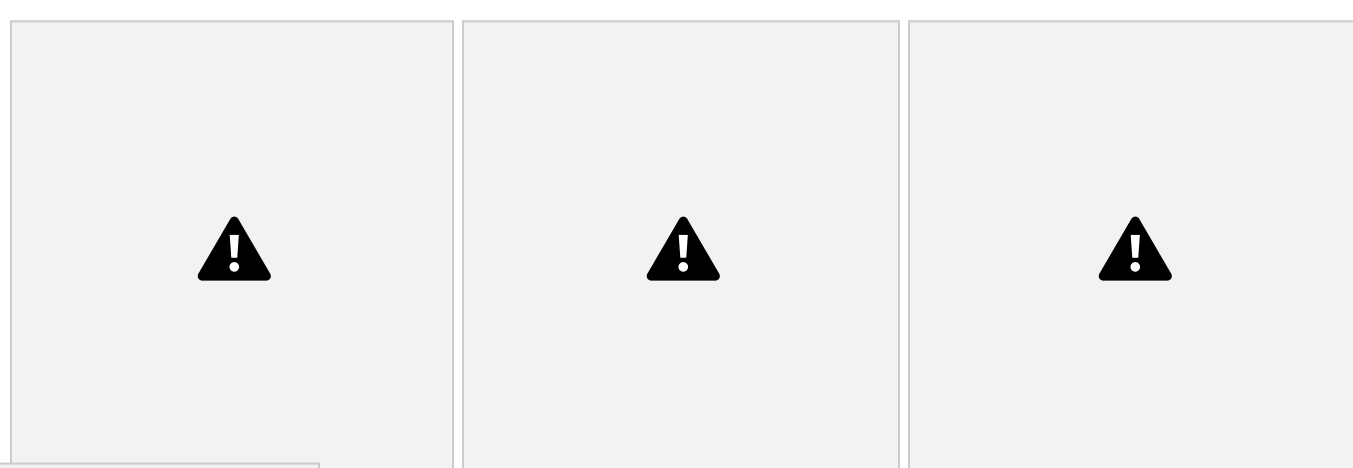


*If you didn't find what you need,
visit the Joy website*



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.

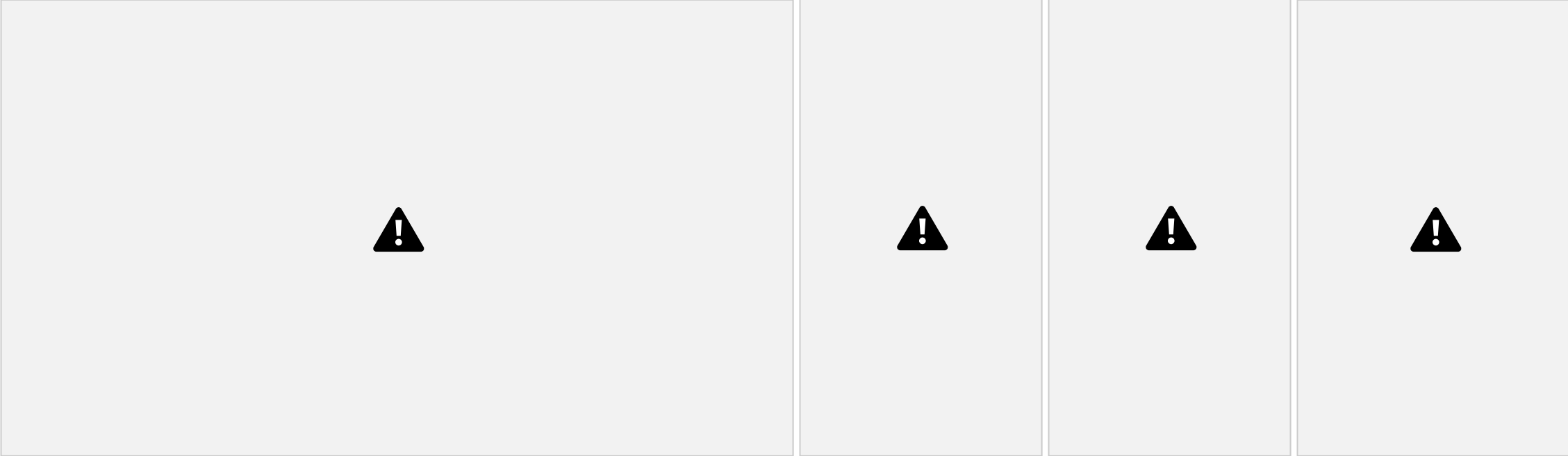
[BACK TO OVERVIEW](#)



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

28 Turning point

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Support for young people affected by substance use

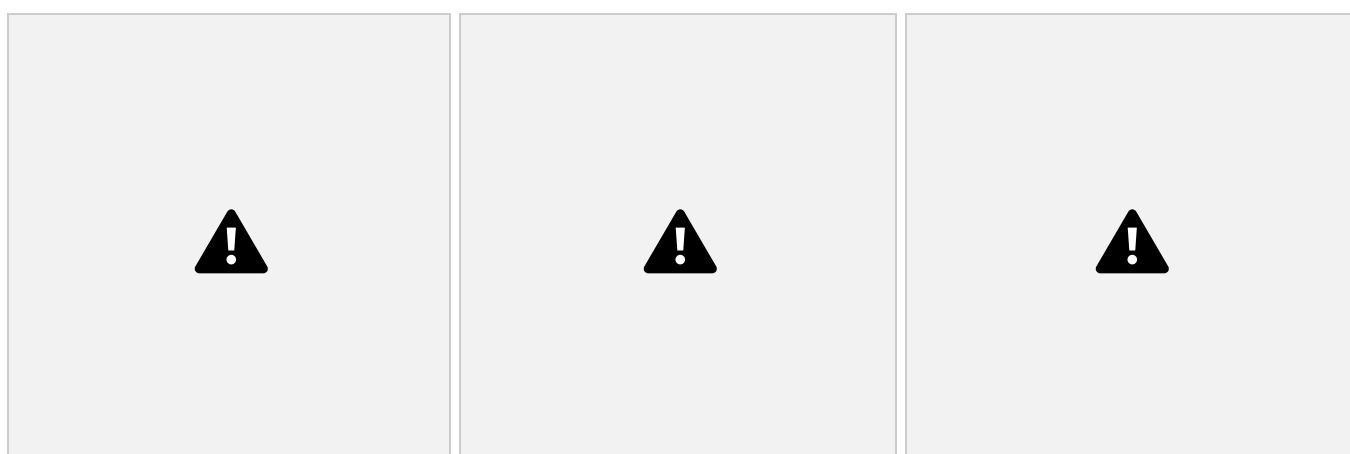
SUPPORT

ADDICTION

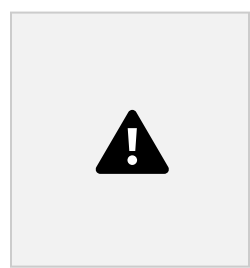
WAYS TO CONTACT :

PERSONAL phone | email by post | in person

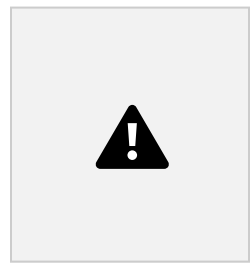
Support for when drugs or alcohol negatively impact your life, your health, or people you care about, Turning Point's dedicated Young People's team works with all under 18s and those aged up to 25 where required. Support services can be delivered wherever ... [READ MORE](#)



0330 303 6000



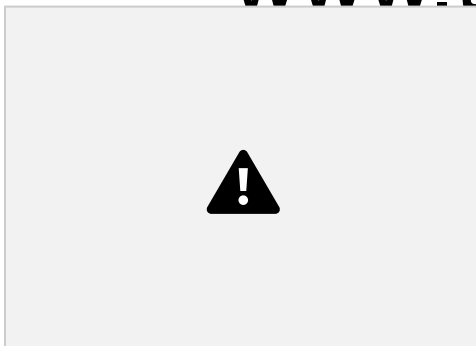
LLreferrals@turning-point.co.uk



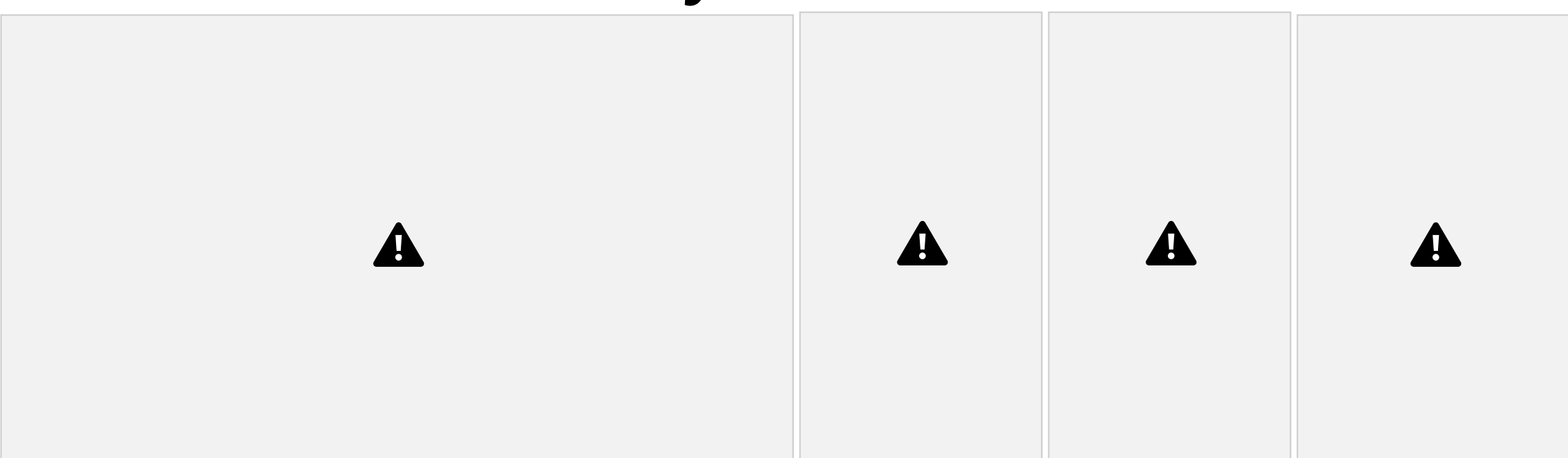
38 Friar Lane, Leicester LE1 5RA



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

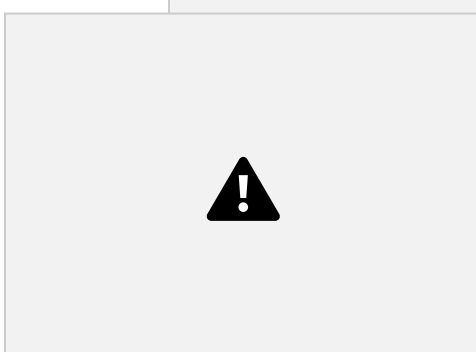
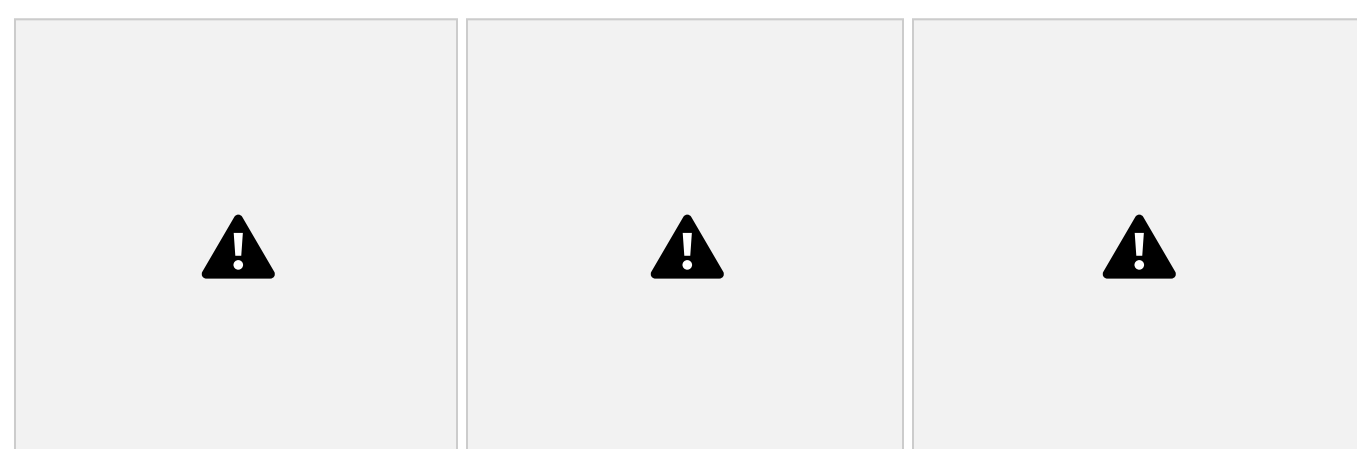


If you didn't find what you need, visit the Joy website



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

29 Vita Health Group

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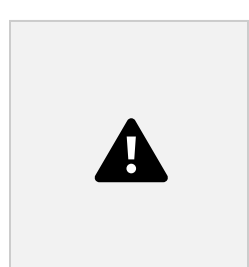
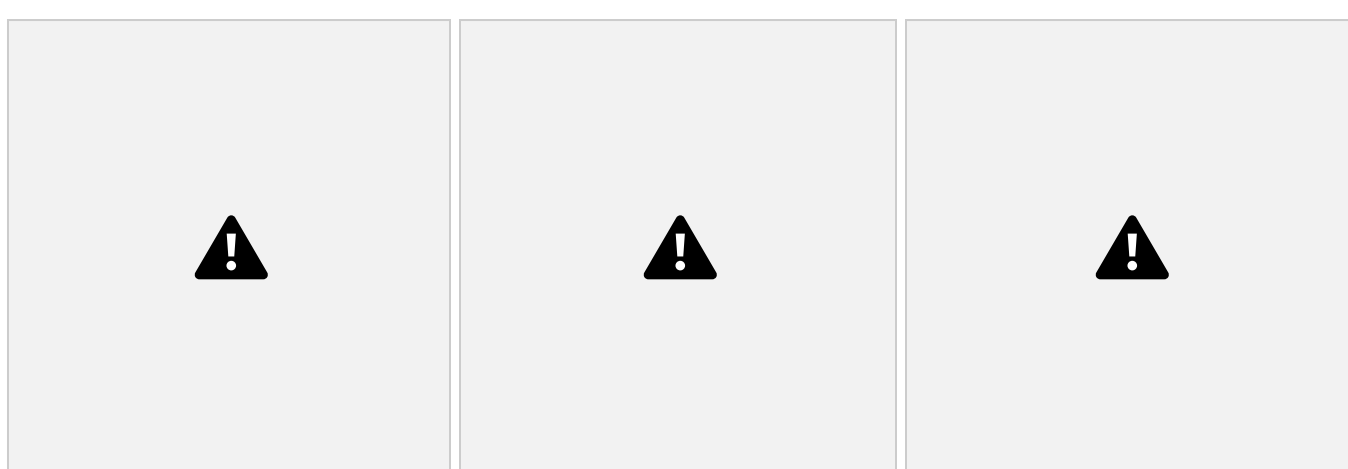
Talking Therapies to support well being and mental health

**WAYS TO CONTACT :
SUPPORT**

CONVERSATION

WELLBEING phone | email web-chat | in person

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

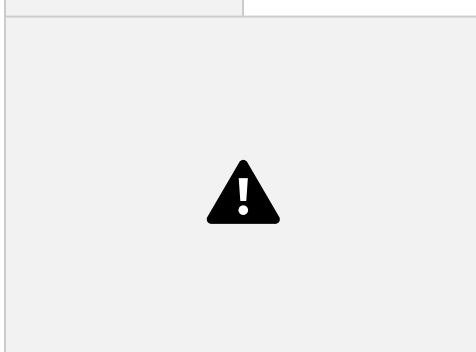


0330 094 5595

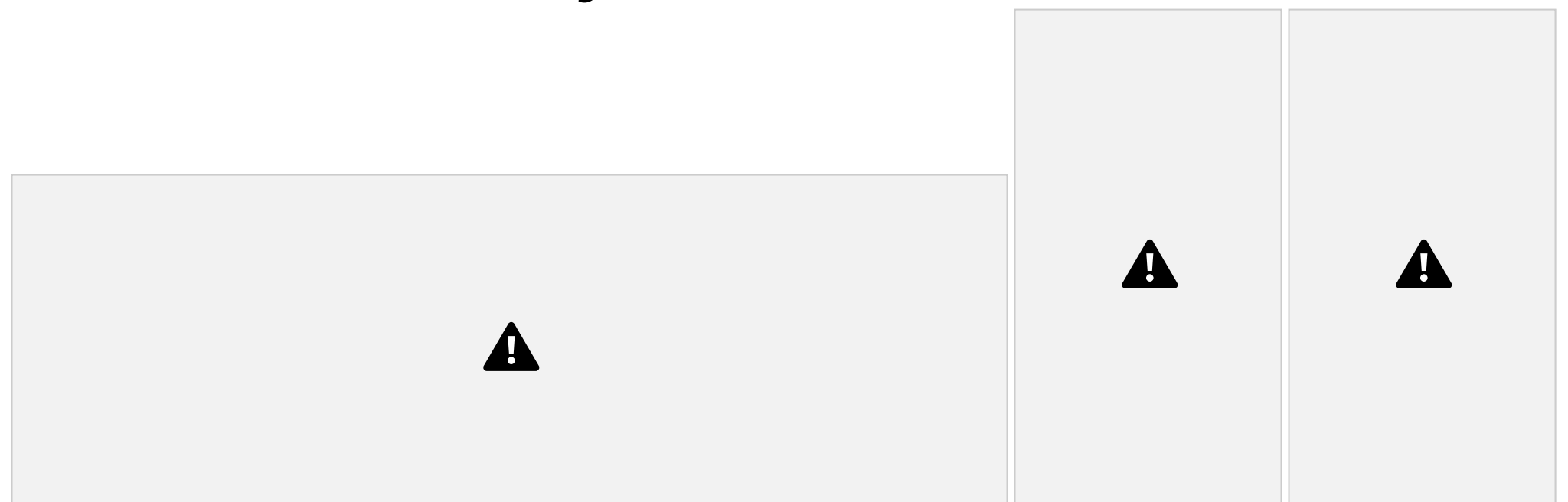


enquiries@vhg.co.uk

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



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

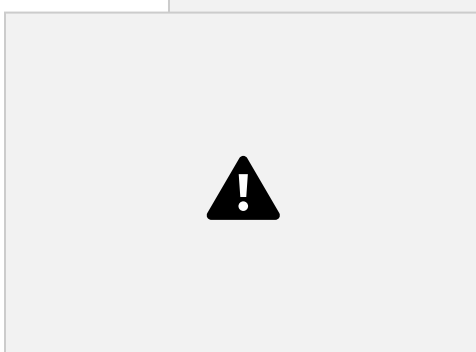
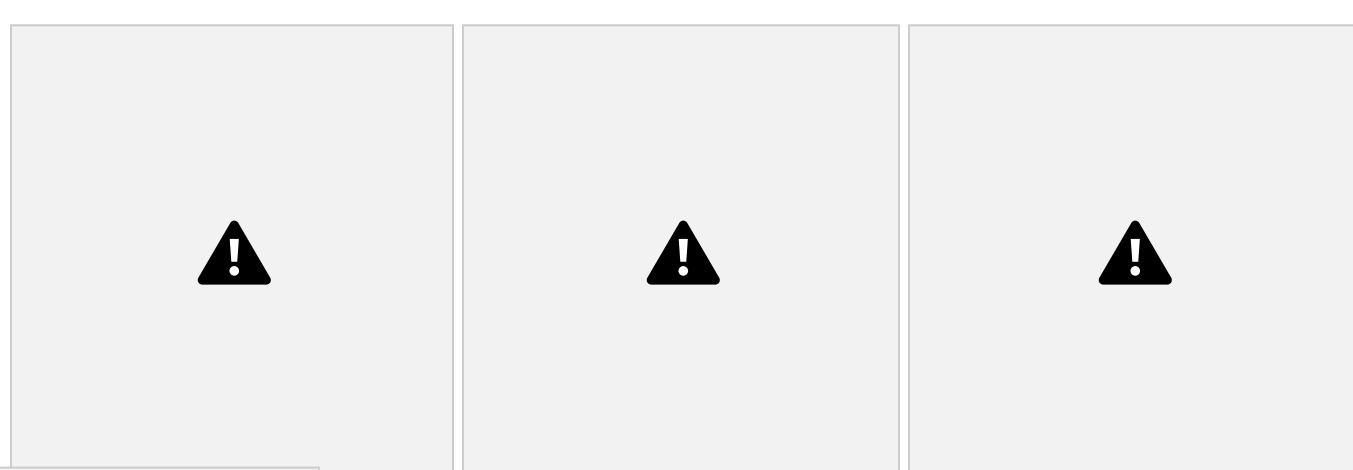


Vita provides talking therapies to support well being and mental health. It is a free service and you can self-refer without the need to see a GP. Getting support is easy

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

30 Young Minds

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

GUIDANCE

WAYS TO CONTACT :

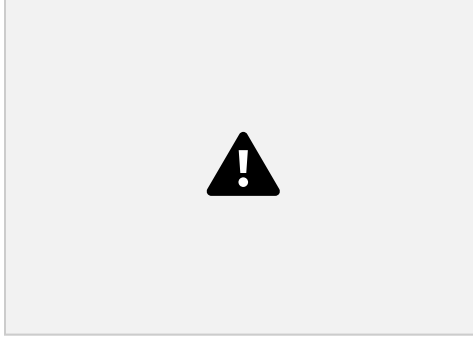
SIGNPOSTING phone | web based resources online form

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 ... [READ MORE](#)

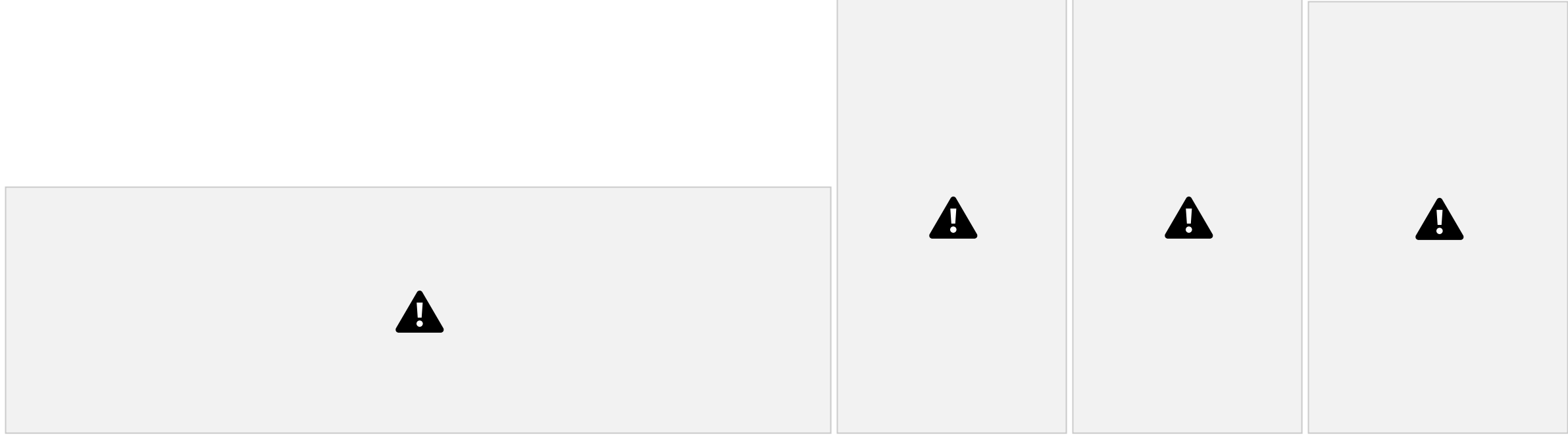


 0808 802 5544

 www.youngminds.org.uk



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

[31 bebodypositive](#)

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Building a positive relationship with food and your body

ADVICE

INTERACTIVE

WAYS TO CONTACT :

RESOURCES

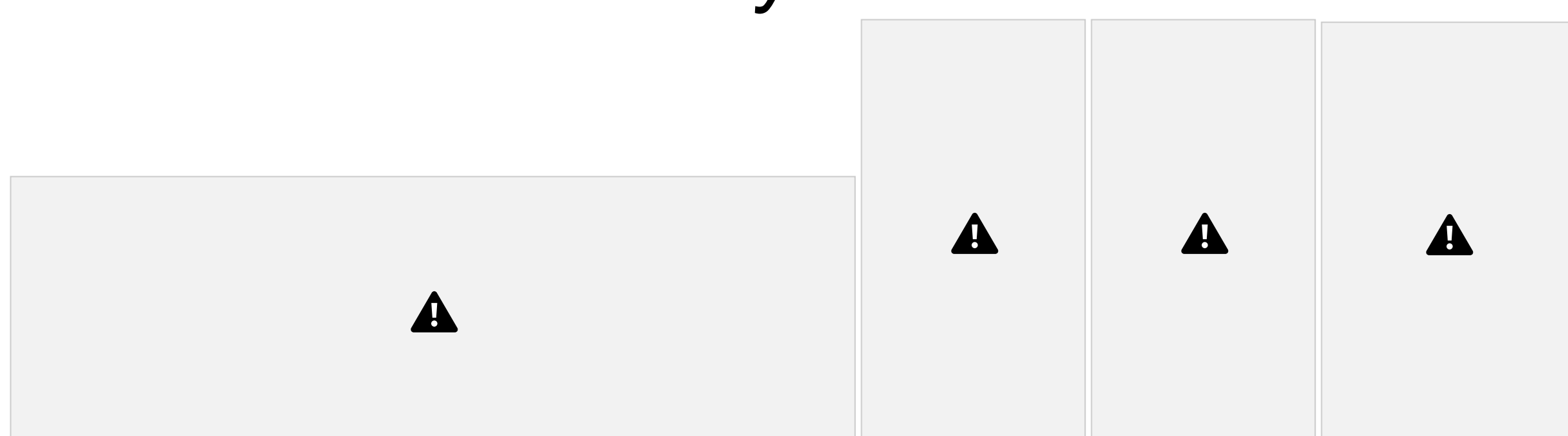
online resource
learning modules

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 eatin ... READ MORE



*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.



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

32 The Leg Up Project

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Adventure therapy and
education wellbeing
packages

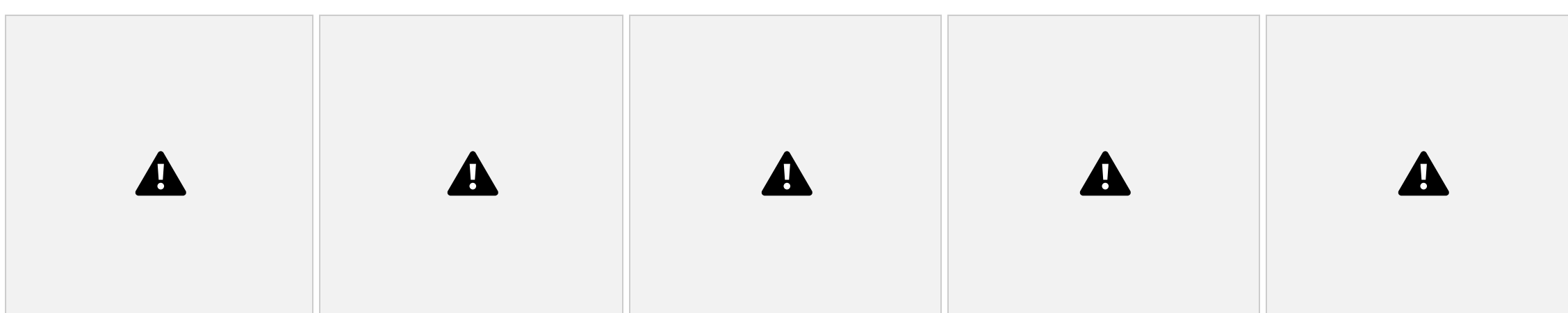
COACHING

ACTIVITIES

WAYS TO CONTACT :

WELLBEING email | web-form by post

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

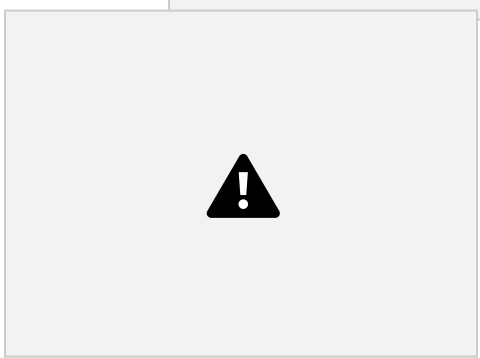
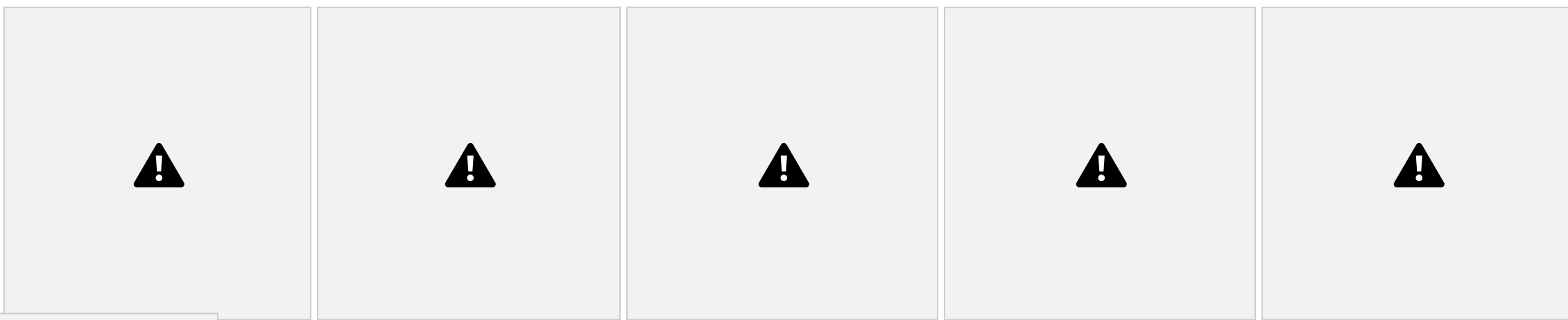
  www.thelegupproject.com

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



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.

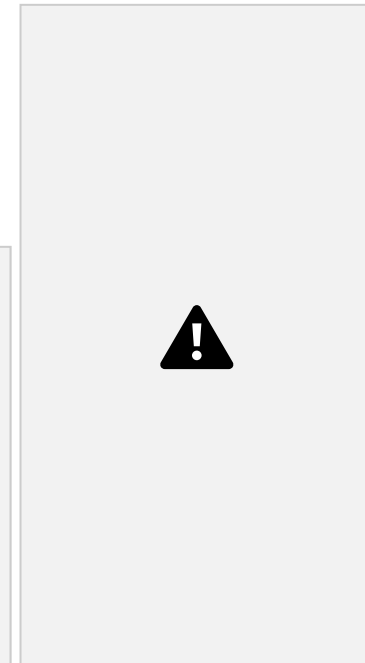
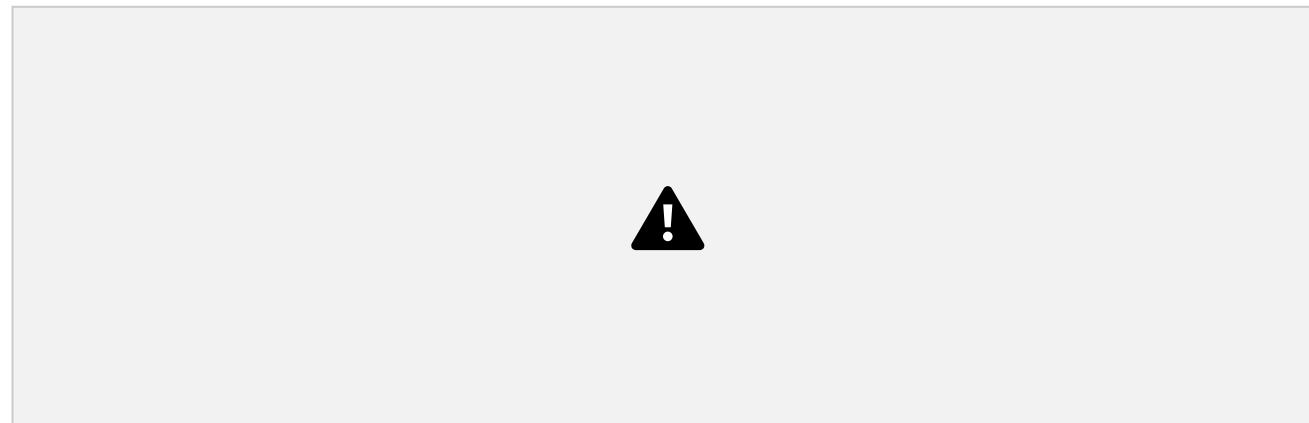
[BACK TO OVERVIEW](#)



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

33 The YES project

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Help to overcome
challenges and barriers
to getting work

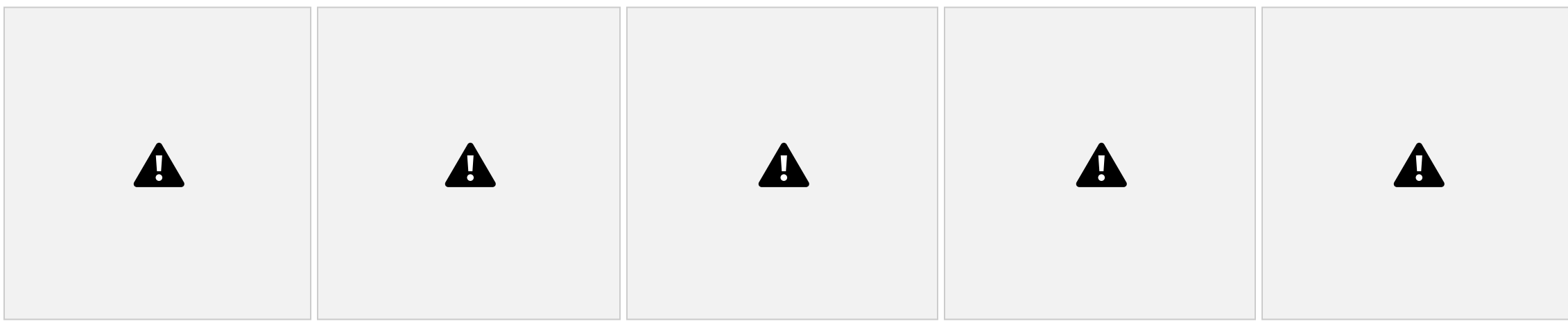
MENTORING

ACTIVITIES

WAYS TO CONTACT :

SUPPORT [phone](#) | [email](#) [by post](#)

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](#)



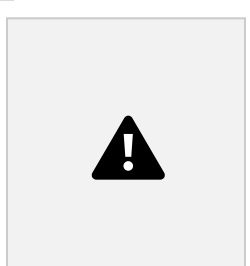
0116 257 4973



info@yesproject.org



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



www.yesproject.org



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



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



Grant funding for a wide range of educational activities

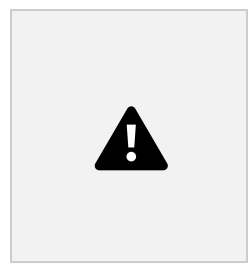
FUNDING

EDUCATION

WAYS TO CONTACT :

TRAINING 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](#)

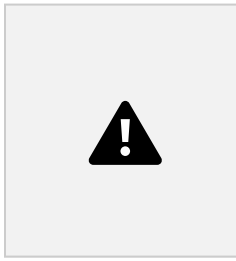


0116 222 2200

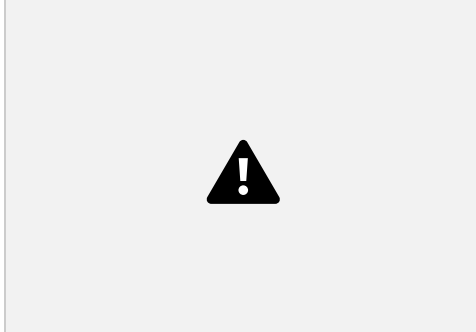


trustadmin@charity-link.org

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



www.anef.org.uk



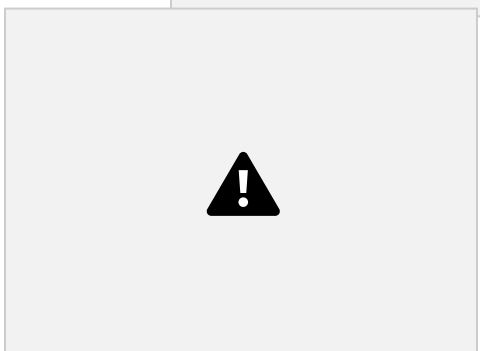
*If you didn't find what you need,
visit the Joy website*



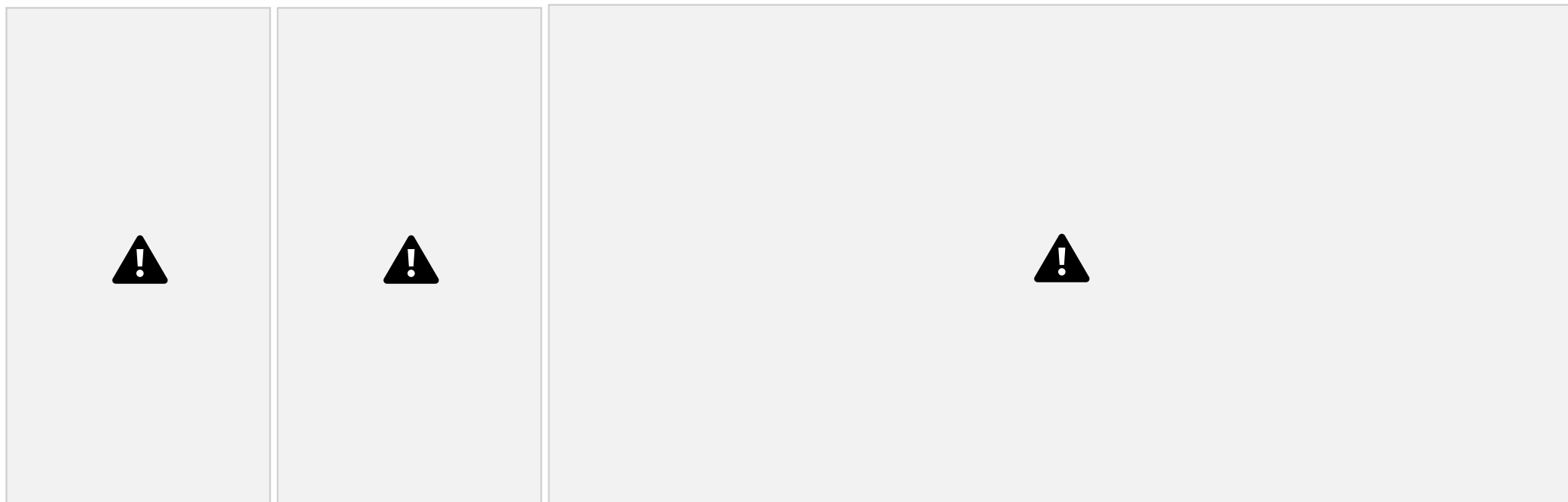
Alderman Newton’s Educational Foundation is a charity offering financial support to individuals and schools to help people access education or training opportunities, or move into employment. This website tells you all about us and how to apply for a grant from the Foundation. Grants are available to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

(Restrictions apply.)

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




Safe, non-threatening and accessible skate sessions **CONVERSATION**

WAYS TO CONTACT :
WELLBEING

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

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 servic ... **READ MORE**



0116 2832529  07926531242  web contact:
www.skateparlour.com/contact

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

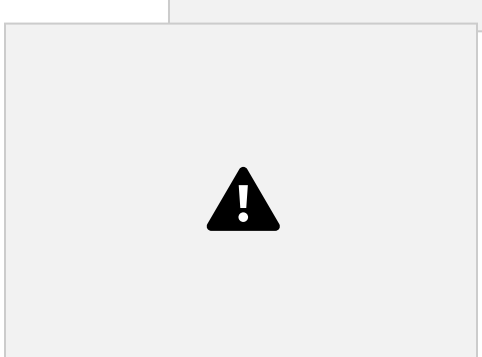
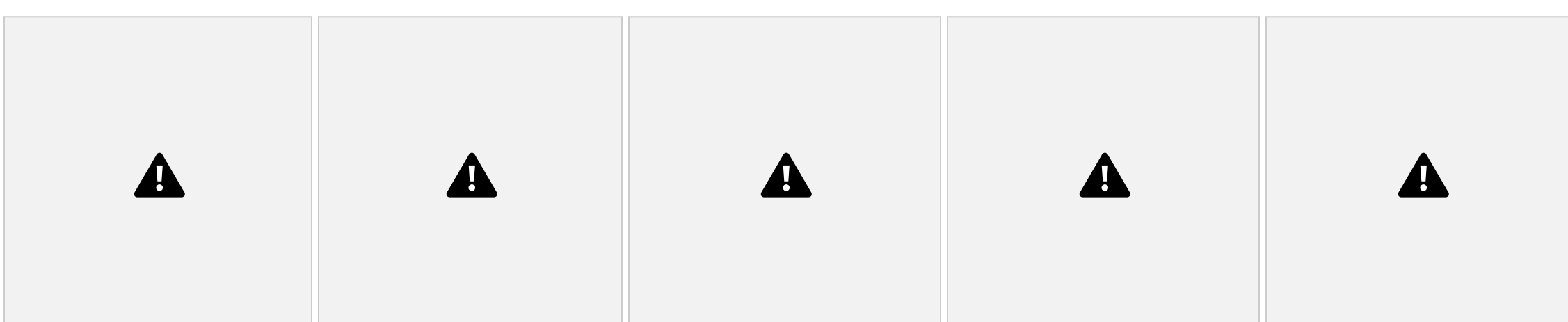
 www.skateparlour.com

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



Support for women
with trauma of
childhood sexual
abuse

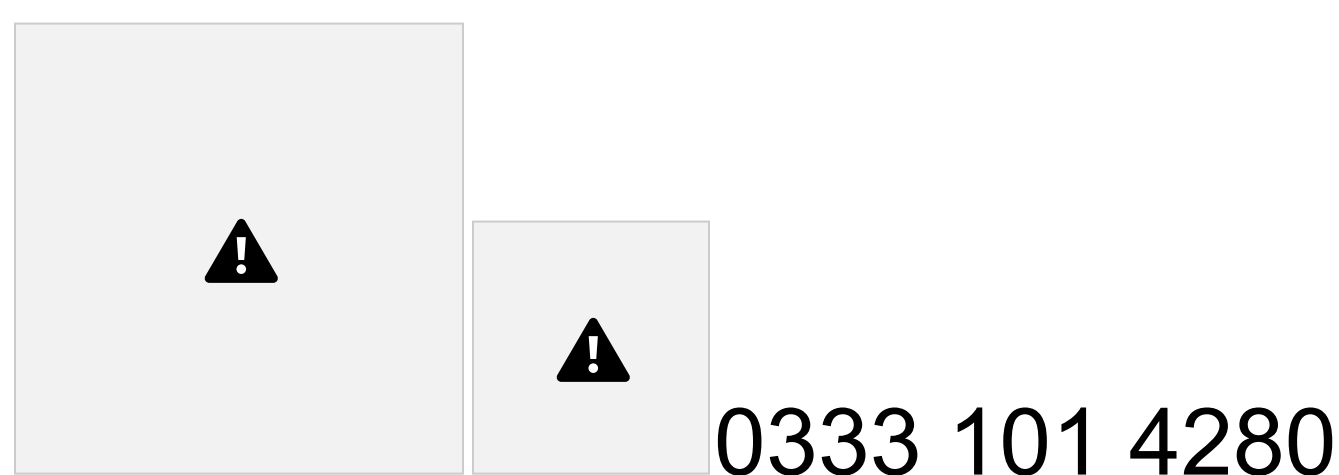
SUPPORT

HEALING

WAYS TO CONTACT :

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

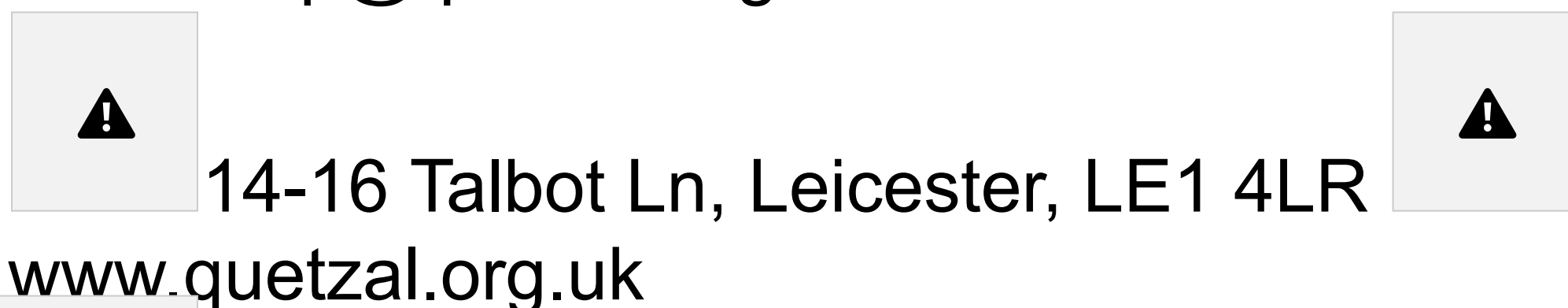
Free Counselling for women aged 16 and above who are recovering from the trauma of childhood sexual abuse. Service is open to women living in Leicester, Leicestershire and Rutland. Refer yourself for counselling, read online Self-Help Guides. S ... READ MORE



0333 101 4280



help@quetzal.org.uk



14-16 Talbot Ln, Leicester, LE1 4LR

www.quetzal.org.uk

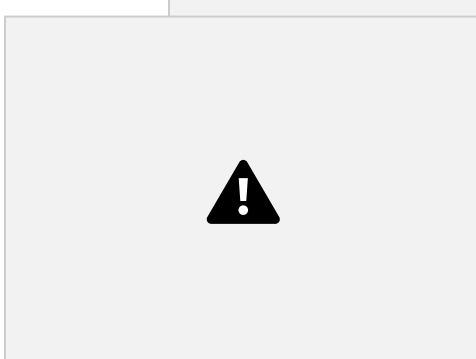
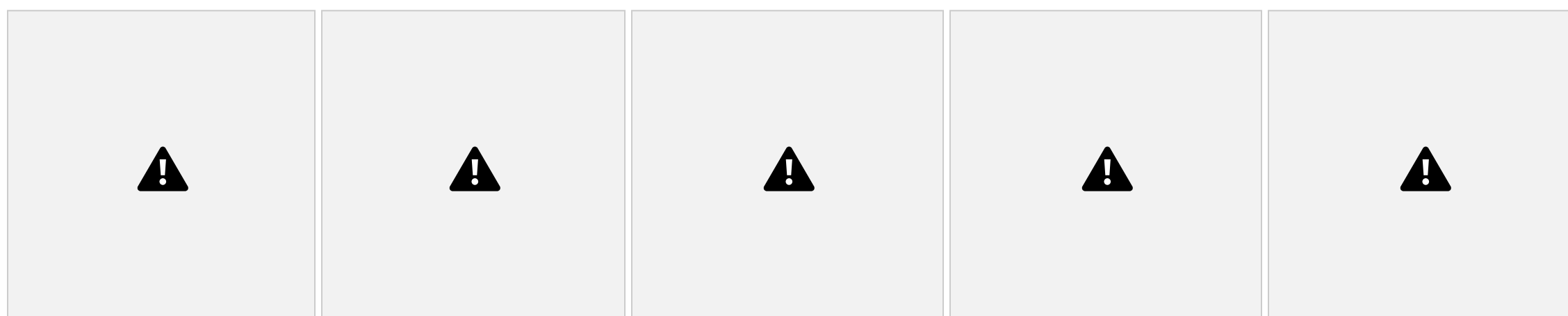


*If you didn't find what you need,
visit the Joy website*

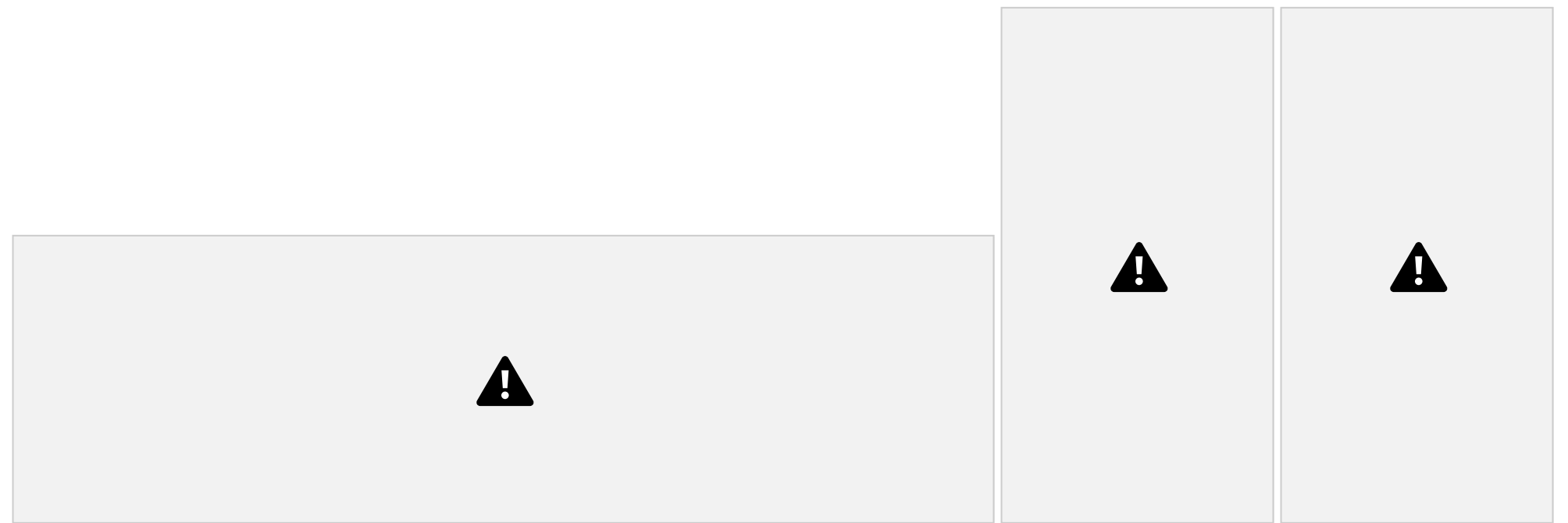


Free Counselling for women aged 16 and above who are recovering from the trauma of childhood sexual abuse. Service is open to women living in Leicester, Leicestershire and Rutland. Refer yourself for counselling, read online Self-Help Guides. Support and advice available for family and friends of survivors.

[BACK TO OVERVIEW](#)



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

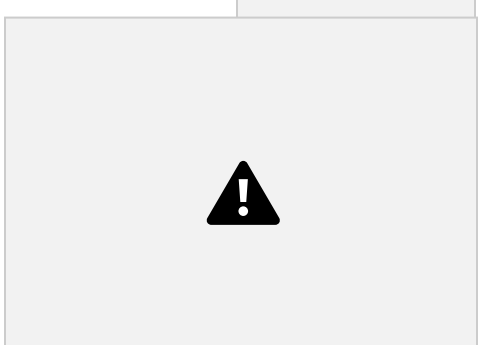
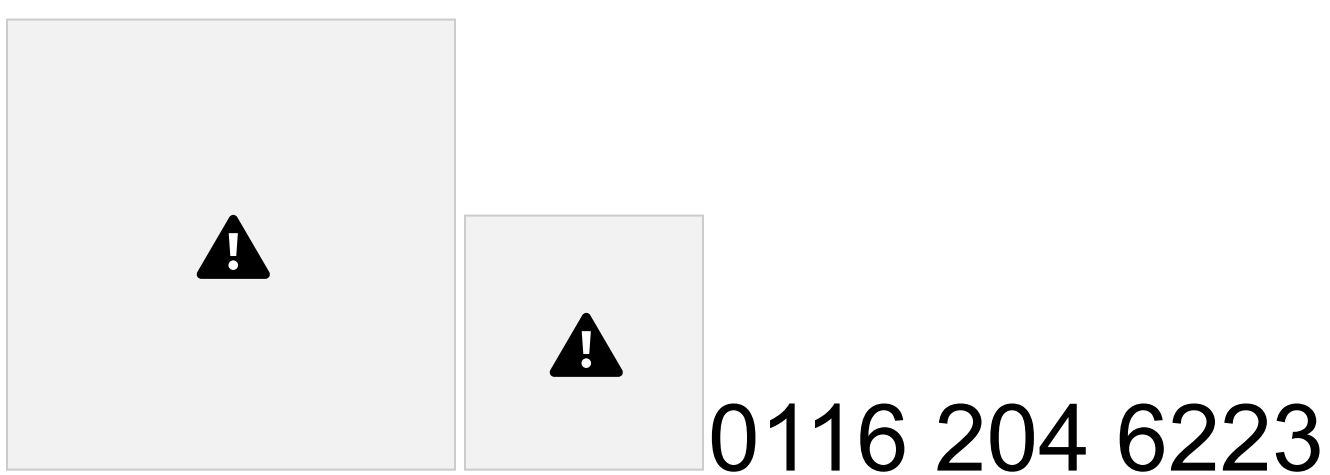


Wraparound support for **LIFE SKILLS ADVICE**
young people with
complex needs

WAYS TO CONTACT :

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

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**

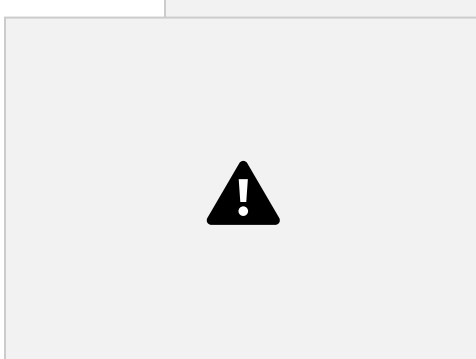


*If you didn't find what you need,
visit the Joy website*



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



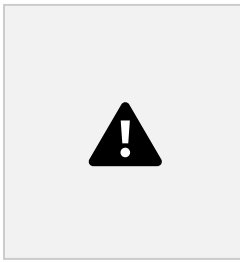
Support for people at risk of harming themselves

SUPPORT

THERAPY

WAYS TO CONTACT :
TRAINING phone | email by post | web-form | in person

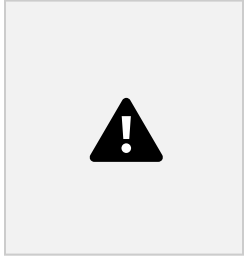
Harmless work with people who do or are at risk of self-harm. This means that we will work with anyone, of any age if they are at risk of harming themselves. We know that self harm can impact people of all walks of life and of any age and gender. We ... [READ MORE](#)



0116 309 0171



leicester@harmless.org.uk



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



www.harmless.org.uk



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

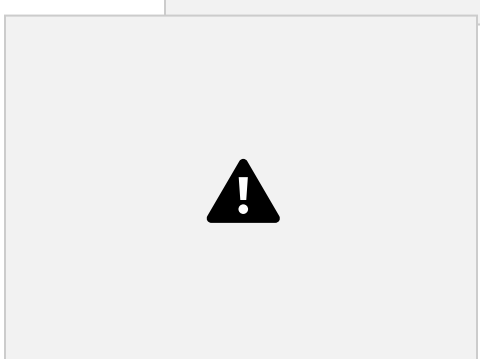


Harmless work with people who do or are at risk of self-harm.

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.

[BACK TO OVERVIEW](#)



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



Online C&YP Mental Health Transformation Plan

INFORMATION

ADVICE

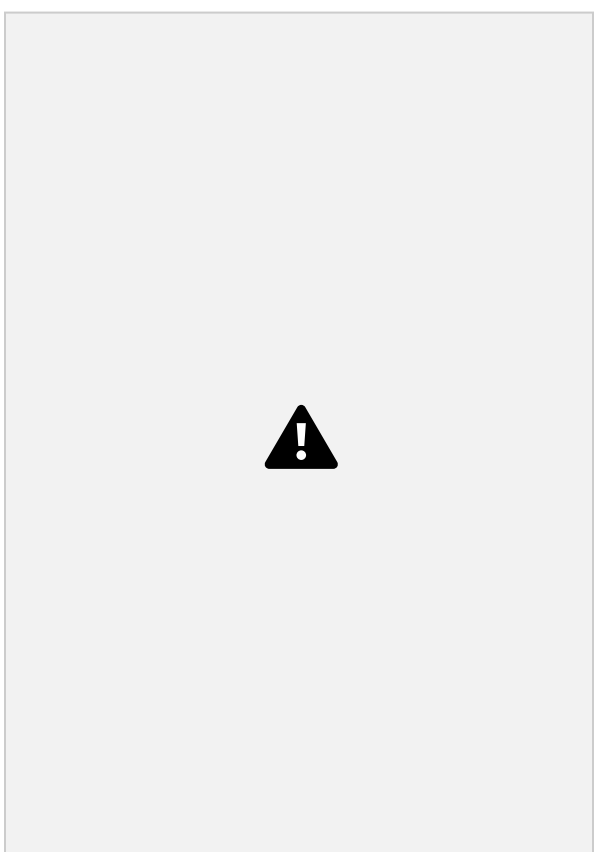
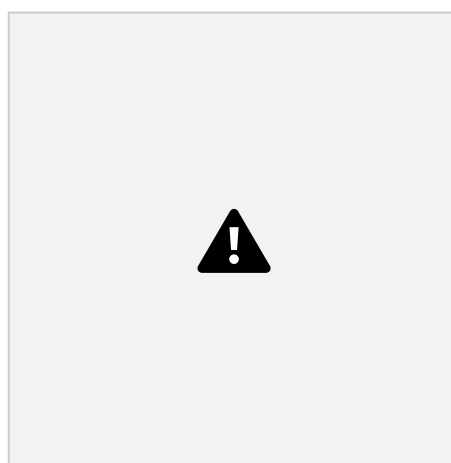
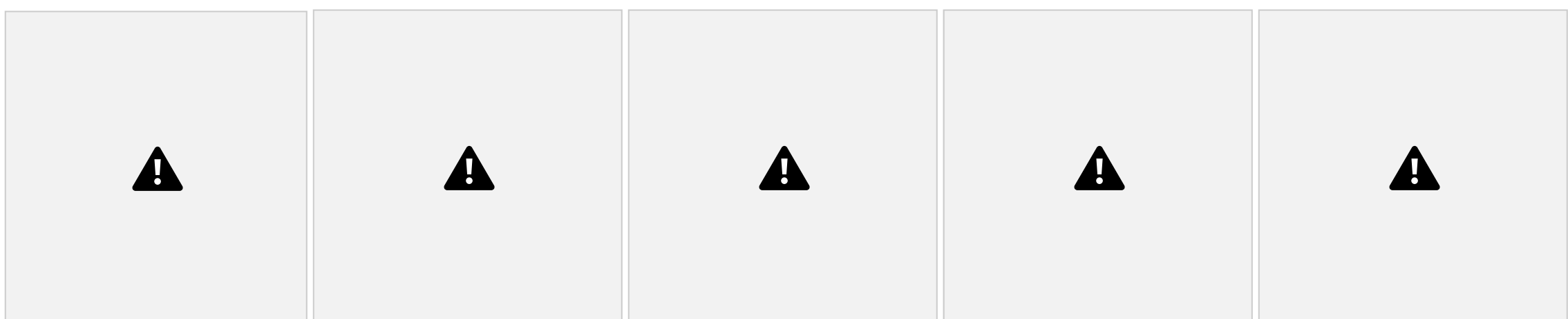
WAYS TO CONTACT :

online resource
online pdf | referral links

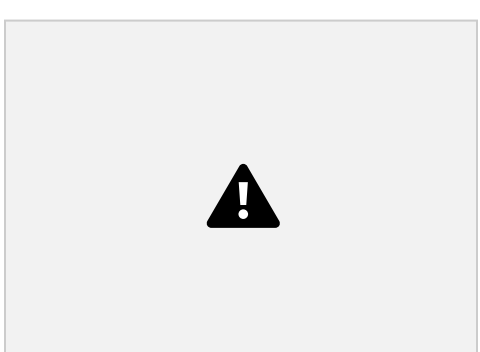
RESOURCES

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



If you didn't find what you need,

visit the Joy website



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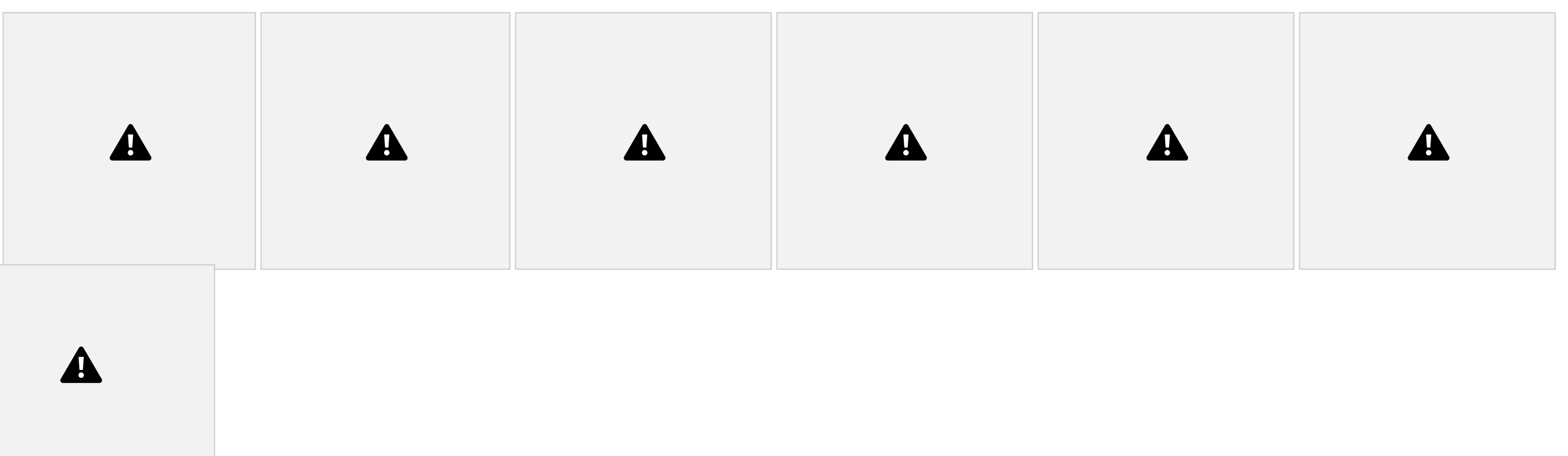
Includes link to self referral:

www.myselfreferral-lr.nhs.uk

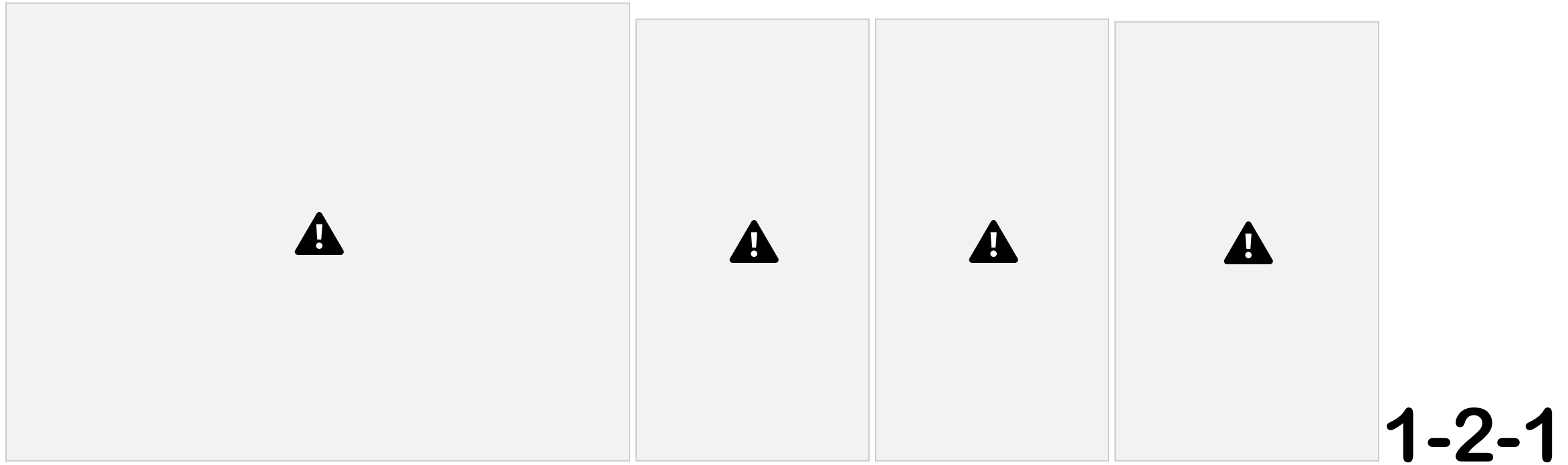
Includes link to CAMHS resources:

www.camhs-resources.co.uk

BACK TO OVERVIEW



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1-2-1

SUPPORT

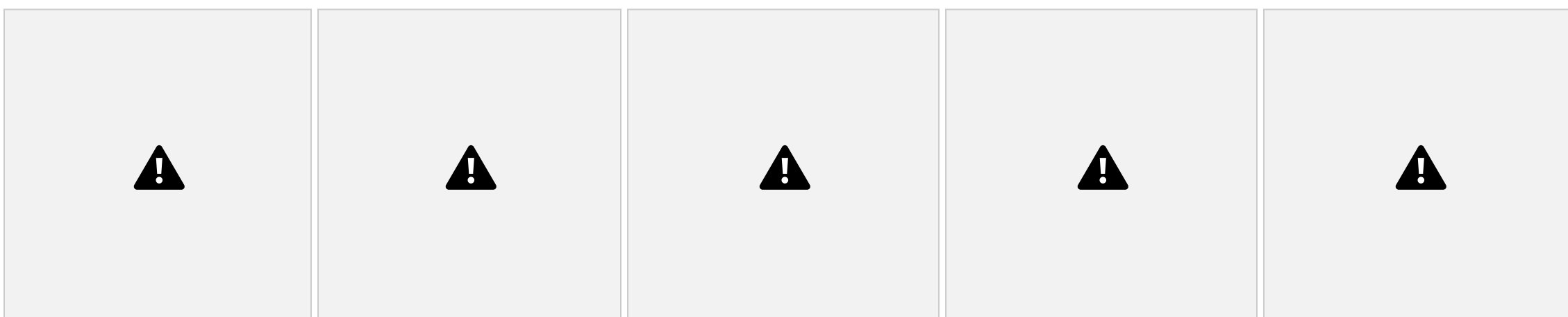
RECOVERY

WAYS TO CONTACT :

ACTIVITIES 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.

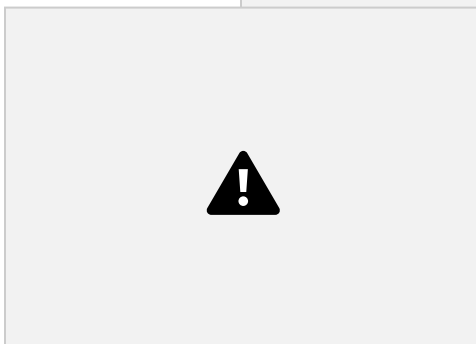
Our founding principles a ... READ MORE



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