

# WELLBEING SUPPORT



## NHS EVERY MIND MATTERS

<https://www.nhs.uk/oneyou/every-mind-matters/>

Making better choices today can have a big impact on your health. 'One You' is here to help you get healthier and feel better with free tips, tools and support.



## MIND 03001233393

Confidential help on a range of mental health issues. Information to help and promote a better understanding of mental health.



## SAMARITANS 116123

Charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide.

Email [jo@samaritans.org](mailto:jo@samaritans.org) or telephone (open 24 hours a day).

A site that provides confidential and emotional support 24hrs a day in email, telephone, letter and face to face. Local number Tel: **0116 2700 007** or **08457909090**  
<https://www.samaritans.org/branches/Leicester/>



A comprehensive resource on all aspects of mental health and well-being for young people and parents.

**PARENT HELPLINE: [0808 802 5544](tel:08088025544)**

<https://youngminds.org.uk/>

Committed to improving the emotional wellbeing and mental health of children and young people.



## MENTAL HEALTH FOUNDATION

A mental health foundation charity providing information, research, campaigns and advice to anyone affected by mental health.

<https://www.mentalhealth.org.uk/>



## SHOUT

If you're experiencing a personal crisis, are unable to cope and need support; text Shout to **85258**.

<https://www.giveushout.org/>



## **CHILDLINE 08001111**

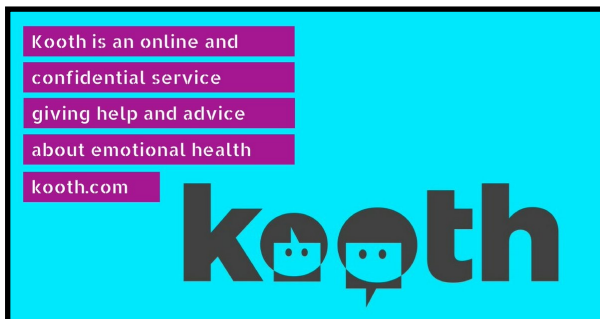
A free and confidential helpline for children and young people in the UK. Lines open 24 hours a day, 7 days a week.

<https://www.childline.org.uk/>



## **NSPCC 08088005000**

Advice, guidance, help, support or to take action on your behalf if you have concerns about a child who is either being abused or at risk of abuse.



## **KOOTH**

An anonymous, free online counselling and emotional wellbeing service for children. With access to online counsellors.

<https://www.kooth.com>



## **LEICESTERSHIRE EDUCATION PSYCHOLOGY SERVICE**

The LEPS Helpline is available daily during the coronavirus pandemic to offer telephone advice and support to all parents/carers and professionals.

**TELEPHONE: 0116 3055100**

Monday to Friday, between **9am** and **11:30am** including school holidays



## **CRUSE BEREAVEMENT CARE 0808 8081677**

Grief is a natural process, but it can be devastating. Cruse Bereavement Care is here to support you after the death of someone close. They offer a range of free confidential support for children. <https://www.cruse.org.uk>



## **NHS TEENS for HEALTH**

Information on body image, families, emotions and how to deal with it.

<https://www.healthforteens.co.uk/leicestershire/>



## CAMHS

**(Child and Adolescent Mental Health Services)**  
Helpline for parents to use if families need access to a family therapist during the lockdown.

**TELEPHONE: 0116 2952909**



## ANNA FREUD

The Anna Freud National Centre for Children and Families works to change the experience of children, young people and families with their mental health.

<http://www.annafreud.org>



## FAMILY ACTION

Provides practical, emotional and financial support.

**TELEPHONE: 08088026666**

**EMAIL: [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)**

**[www.family-action.org.uk](http://www.family-action.org.uk)**



## SANE

A website which aims to improve the quality of life for people affected by mental illness.

**SANELINE: 084576780000**

<http://www.sane.org.uk/>



**let's end mental health discrimination**

## TIME to CHANGE

A charity to support those suffering from mental health issues.

<https://www.time-to-change.org.uk/>



## RETHINK

A national charity that offers plentiful online advice and information about mental health.

**<https://www.rethink.org/>**



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## HEALTH for KIDS

A website with fun activities, help and advice for children.

<https://www.healthforkids.co.uk/>

## DOMESTIC VIOLENCE

Domestic violence or abuse can happen to anyone. Find out how to recognise the signs and where to get help.

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

## WOMEN'S AID

<https://www.womensaid.org.uk/information-support/>

National Domestic Abuse Helpline: **0808 2000 247**  
[www.nationaldahelpline.org.uk/](http://www.nationaldahelpline.org.uk/) (run by Refuge)

## NHS CHAT-HEALTH

[www.healthforteens.co.uk/health/about-chathealth](http://www.healthforteens.co.uk/health/about-chathealth)

If you're aged **11** to **19** and live in Leicester, Leicestershire or Rutland, there's a confidential, secure text messaging service where you can get advice and support from a health professional.

**Leicester City: 07520 615386**

**Leicestershire: 07520 615387**

The service is open 9am to 5pm, Monday to Friday.

## THE MIX

A friendly support service offering telephone and instant messaging support to anyone under **25**.

**0808 808 4994**

<https://www.themix.org.uk>

## EARLY INTERVENTION SERVICE

An emotional support service for those aged **5-18** living in Leicester, Leicestershire and Rutland with low to moderate mental health needs.

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