



Leicestershire Partnership  
NHS Trust

## Additional support for parents and carers



Leicestershire Partnership NHS Trust has partnered with the [Solihull Approach](#) to offer free access to expertly designed online courses for parents, carers, grandparents and teens living in the region.



Improving children's  
mental health

[Place2Be](#) is a children and young people's mental health charity with almost 30 years experience working with pupils, families and staff in UK schools. Their website [has a whole dedicated area](#) for mental health support for parents and carers



[Mind](#) is a mental health charity that helps support, change and connect minds. They have created a [dedicated page for parenting and mental health](#).



[Childnet](#) is dedicated to helping make the internet a great and safe place for children and young people. Their website has a ['Parents and Carers' toolkit](#) which offers practical tips to help keep your child safe online.



[The Mental Health Foundation](#) has been one of the UK's leading charities for supporting mental health since 1949. They have created a ['Make It Count' guide](#) for parents and carers to support them to help children understand, protect and sustain their mental health.



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The [Leicestershire Partnership Trust website](#) hosts lots of information including a dedicated area for [CAMHS](#) and [mental health support](#).



[Anna Freud](#) is a world-leading mental health charity for children and families. They have produced a [tip sheet for parents and carers](#) sharing advice on talking about mental health with primary school age children.

## DID YOU KNOW?

You can click the **blue highlighted** text to launch more information



Within the ['Health for Kids'](#) website is a dedicated area for ['Grownups'](#). The website offers a wealth of guidance for parents and caregivers. Some of the content has been created by specialist clinicians at CAMHS.

## YOUNG MINDS

[Young minds](#) is a mental health charity for younger people. They have a [dedicated area to support parents](#) while you're supporting your children.

[Click here for more helpful resources!](#)



## Additional support for young people

There are a range of websites that provide information, advice, links and even counselling to support you with your mental health. Some of these include:

### HEALTH FOR TEENS

[Health for Teens](#) is an online service provided by the NHS that covers large areas of health and wellbeing. This website also has articles created by professionals who work at CAMHS, providing clinical advice on many topics such as ADHD, tics and OCD and an [area of the website specifically for CAMHS Leicester](#).

### YOUNG MINDS

[Young Minds](#) is a mental health charity for younger people. Their website has different articles, useful resources and an online crisis messenger. You can also text YM to 85258.



[Tellmi](#) allows an online safe and anonymous space for young people to discuss their feelings, seek support and receive counselling when necessary.

### NSPCC

[NSPCC](#) specialises in child protection and is dedicated to protecting children to prevent abuse. They are the only UK children's charity with statutory powers which means they can take action to safeguard children at risk of abuse.



[BEAT](#) supports those dealing with an eating disorder, including a YouthLine open 4pm – 10pm, every day. You can call 0808 801 0711



[The Mix](#) offers online counselling and has a crisis messenger service for young people under the age of 25. You can contact them via their online community, on social media, through a free, confidential helpline (0808 808 4994) or their counselling service.



here for you 24/7

Feeling worried or low? Need to talk? Text [SHOUT](#) to 85258 for free and confidential support, 24/7. Texting the word 'SHOUT' to 85258 is anonymous and will not show up on your phone bill.



[NHS inform](#) can direct you to lots of useful charities who help identify, treat and manage mental health problems and disorders.

### DID YOU KNOW?

You can click the [blue highlighted text](#) to launch more information

### childline

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

[Childline](#) is a counselling service. Their website provides free online support. They also have a free phone support service on 0808 808 4994.



If your issues are directly related to autism, you can ask advice from [Chat Autism](#) - a text-based support service for autistic people and their families.

Send a text to: 07312 277097



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[Click here for more helpful resources!](#)

## Urgent support for young people

If you have a more urgent mental health concern and you are in crisis, there is support ready to provide you with the appropriate care. If you are currently receiving mental health support, you can still use the following services.



[The mix has a crisis messenger text service](#), which provides free, 24/7 crisis support across the UK. If you're aged 25 or under, and are experiencing any painful emotion or are in crisis, you can text THEMIX to 85258. Their crisis text line could help with urgent issues such as:

- Suicidal thoughts
- Depression
- Abuse or assault
- Self-harm
- Bullying
- Relationship breakdown



[NHS 111](#) is there to make it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health. 24 hours a day, 7 days a week. To get help from NHS 111, you can:

- Go online to [111.nhs.uk](https://111.nhs.uk) (for assessment of people aged 5 and over only).
- Call 111 for free from a landline or mobile phone.



If you need someone to talk to, you can call the [Samaritans](#) on 116 123 for free, many time, day or night. You can also email them on [jo@samaritans.org](mailto:jo@samaritans.org), speak to them online via a chat, speak to them face to face or write them a letter.



here for you 24/7

Feeling worried or low? Or know someone who is? Need to talk? Text [SHOUT](#) to 85258 for free and confidential support, 24/7. They can support you, or your loved one with depression, loneliness, self-harm, suicidal thoughts and more. Texting the word 'SHOUT' to 85258 is anonymous and will not show up on your phone bill.



If you are having thoughts about suicide or are concerned for a young person who might be, you can contact [HOPELINEUK](#) for confidential support and practical advice.

Call: 0800 068 4141

Text: 0778 620 9697

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## DID YOU KNOW?

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[Calm Harm](#) is a free app that helps you manage or resist the urge to self-harm.

Free 24-hour  
Mental Health  
Helpline



If you or someone you care about need urgent advice or support for your mental health, you can call our [Mental Health Central Access Point](#) on 0808 800 3302, 24 hours a day, seven days a week free of charge and in confidence.



[The Anna Freud Crisis Messenger text service](#)

is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better. If you need support, you can text AFC to 85258.