

## Mental health support in the community

Updated 19.04.20

**NHS Service: Let's Talk - Wellbeing** in Leicester, Leicestershire and Rutland **01509 561 100** provides psychological assessment and treatment (talking therapies) for common mental health conditions like depression, anxiety, panic, phobias, OCD, trauma and stress. More at [www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk) under A-Z of services.

**NHS Service: Mum's Mind**, LPT's confidential perinatal mental health ChatHealth text messaging service, is available by text to **07507 330 026**. Operating 9am - 4pm on weekdays it provides expert advice and information for anyone, to support mothers across Leicester, Leicestershire and Rutland who struggle with mental health issues during pregnancy and baby's first year. ***This is not a crisis service. Replies within 24 hours***



### Life Links for individuals in Blaby, Oadby and Wigston, Leicester City

Monday to Friday, 9am – 5pm **0800 023 4575** for information and new referrals

Those living in the City: [leicester.lifelinks@richmondfellowship.org.uk](mailto:leicester.lifelinks@richmondfellowship.org.uk)

Those living in the County: [Leicestershire.lifelinks@richmondfellowship.org.uk](mailto:Leicestershire.lifelinks@richmondfellowship.org.uk)  
<https://www.rflifelinks.co.uk/>

Recovery workers are currently contacting their clients to discuss available options, such as telephone and email support.

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### Mental Health Matters for Charnwood, North-West Leics, Hinckley and Bosworth, Melton, Rutland

0300 323 0189

Email: [leicestershire.andrutlandmhm@nhs.net](mailto:leicestershire.andrutlandmhm@nhs.net)

Telephone support for adults experiencing emotional and health issues and for their carers

7 days a week, 9am – 9pm

[Leicestershire.andrutlandmhm@nhs.net](mailto:Leicestershire.andrutlandmhm@nhs.net)

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

## **VASL – My Mind Matters** for Harborough

**01858 411 383**

Monday to Friday, 9am – 5pm

[mindmatters@vasl.org.uk](mailto:mindmatters@vasl.org.uk)

<https://vasl.org.uk/services/my-mind-matters/>

**Self-referrals are accepted, download the referral form [here](#).**

- My Mind Matters is a Harborough based project set up to help you take control of your life whilst living with a mental health diagnosis. The service is currently being offered via phone and online platforms.

New referrals still being accepted by phone only

### **Start a Conversation campaign**

A non-judging environment where care and support is available to those in distress or those bereaved or affected by suicide. More information available on their [website](#)

### **LAMP**

Monday to Friday, 10am – 4pm

0116 255 6286

[info@lampdirect.org.uk](mailto:info@lampdirect.org.uk)

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

LAMP provides independent advocacy that helps people with mental health issues and their carers, Currently operating a telephone service only, if the lines are busy individuals can leave a message and LAMP will get back to you.

**During self isolation** LAMP is sharing daily wellbeing tips and advice to promote good mental health. This includes signposting to Covid19-specific information, and local council's help hubs. They also support carers across the county and are running weekly Zoom carers' groups through video link. LAMP is happy to take new referrals from service users and their carers. *(updated 19.04.20)*

## **Age UK Leicestershire and Rutland**

Monday to Friday, 9am – 5pm

0116 299 2233

[enquiries@ageukleics.org.uk](mailto:enquiries@ageukleics.org.uk)

<https://www.ageuk.org.uk/leics/>

- Supporting those over the age of 50 including support in the community, support for carers, information and advice, loneliness and isolation, living with dementia, returning home from hospital, bereavement and day care. Age UK are running a **helpline for those over the age of 70** which offers advice and information for those most at risk during the Coronavirus outbreak.
- Monday to Friday, 9am – 5pm (they are trying to increase these hours currently)
- 0116 299 2239

## **ADHD Solutions**

Monday to Friday, 9am – 5pm

0116 261 0711

<http://cmsms.adhdsolutions.org/>

Support, family coaching and resources for children, young people and adults affected by ADHD and their families. Currently telephone and Skype sessions are being offered to families and carers.