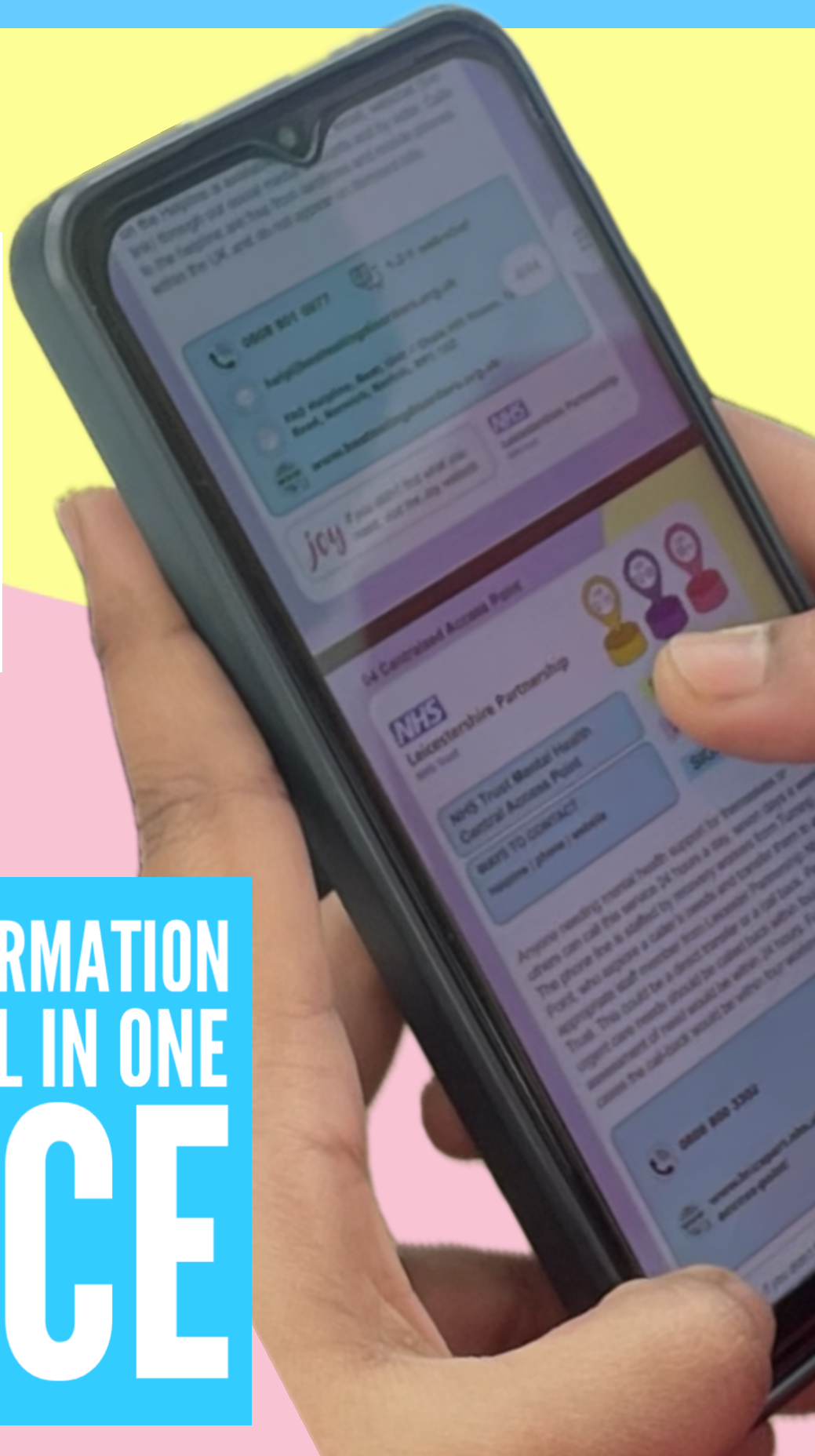


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SCAN QR CODE



FIND THE INFORMATION
YOU NEED ALL IN ONE
PLACE

CONNECTION TO A HUGE NUMBER OF SERVICES

CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH SERVICES DIRECTORY



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

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KEY TO CATEGORIES



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



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



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



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



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



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

COLOUR CODED ICONS

EASY TO NAVIGATE

**THE DIRECTORY HAS BEEN CO-CREATED
& CO-DESIGNED WITH YOUNG PEOPLE AND
COMMISSIONED BY LEICESTER, LEICESTERSHIRE
& RUTLAND INTEGRATED CARE BOARD**



**Leicester, Leicestershire
and Rutland**