


<div>Mental Health level of need</div> <div></div>	General mental health	Neurodiversity	Maternity/perinatal	Eating disorders	Employment support	Criminal Justice	Forensic mental health	Dementia/memory/older ages	Bereavement	MH arising from Physical health issues	Prenatal/perinatal	Homeless	Psychosis	Post Sexual Abuse	Self-harm	Substance misuse, smoking, vaping, gambling	At a glance - Adult Mental health support across LLR updated 1 Sept 2025												
																	Provider	Service/offer	Further info	Area	Age	Referral route options							
																						Referrals will be assessed to determine appropriate intervention							
																		NHS 111 (select option 2) Onward referral	Service user can refer directly	Health/Social care/Emergency Professionals	Via Educational Settings	PRISM (GP)	Drop in						
Urgent/crisis intervention	X																												
	X																		Call 111 option 2	Call 111 option 2	Call 111 option 2	X							
	X																		Text 0748 063 5199	Text 0748 063 5200	Text 0748 063 5201								
High level intervention	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		LPT	Secondary mental health services	Service delivered by specialists in community and hospital settings to patients who, following specialist assessment, have been formally accepted as requiring ongoing specialist care and treatment.	LLR	Various	See table below						
	X																	Various	Mental Health Neighbourhood Cafés	38 sessions across LLR, run by trained and supportive staff, who are there to listen and provide the practical support you may need when you need it most.	LLR	18 and over						X	
Moderate level intervention	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		LPT	Secondary mental health services	Service delivered by specialists in community and hospital settings to patients who, following specialist assessment, have been formally accepted as requiring ongoing specialist care and treatment.	LLR	Various	See table below						
														X			Family Action	Family Action - post sexual abuse (PSA) support	Improve mental health and emotional wellbeing of CYP who have experienced sexual abuse. Individual therapeutic work, group work, & also parents/carers & consultations to professionals.	LLR	Up to 25 with SEN or looked after status.		X						
															X		Harmless	Harmless - self harm	National voluntary organisation for people who self-harm, their friends, families & professionals. 121 face to face support with qualified therapists, drop-in sessions, email & online support.	LLR	All age		X			X			
											X						LPT	Homeless Mental Health Service	Screening and engagement service for people who are homeless (Rough sleeping, sofa surfing, temporarily housed – hostels etc.) and presenting with serious mental illness (SMI) or mental health problems (MHP).	LLR	16 and over		X						
																X	AgeUK	Memory Advice Service	Provides info & support to those worried about their memory and their families/carers. For those experiencing either undiagnosed memory issues, diagnosed with Mild or Vascular Cognitive Impairment, on the waiting list for Memory assessment, have been assessed but have not got a diagnosis, or caring for someone with undiagnosed memory difficulties.	LLR	18 and over		X			X			
	X																Various	Mental Health Neighbourhood Cafés	41 drop in sessions across LLR, trained and supportive staff provide practical for those in mental health crisis.	LLR	18 and over		Drop in					X	
	X																Vita	NHS Talking Therapies	Provides talking therapy service to those experiencing excessive worry, low mood, depression, anxiety or a lack of motivation. This may be face to face, online or in a group.	LLR	16 and over		X			X			
	X																LPT	OpCommunity	Tel line 0116 225 6858 for the armed forces community (including veterans, reservists, serving personnel, families) offers support/guidance navigating NHS services & advice regarding other services.	LLR	All age		X			X			
																X	Turning Point	Turning Point - substance misuse	Support people affected by drugs or alcohol who want to make changes. Variety of treatment options & support. For young people up to 24, the young people's team will work with you in a suitable location.	LLR	All age		X			X			
	Low level intervention	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		LPT	Secondary mental health services	Service delivered by specialists in community and hospital settings to patients who, following specialist assessment, have been formally accepted as requiring ongoing specialist care and treatment.	LLR	Various	See table below					
X																	City Council	City Early Intervention Psychology Support (CEIPS)	Educational Psychologists who can be contacted for discussion/possible involvement with children and young people exhibiting SEND or mental health needs.	City	0 to 25				X				
					X												LPT	Employment Support Service	Provide information, advice, guidance and support to find paid work, as part of an individualised recovery plan. Adult patients open to community mental health teams, psychosis intervention & early recovery (PIER) and assertive outreach.	LLR	17 and over		X						
														X			Family Action	Family Action - post sexual abuse (PSA) peer support	Improve mental health and emotional wellbeing of CYP who have experienced sexual abuse. Individual therapeutic work, group work, & also parents/carers & consultations to professionals.	LLR	Up to 25 SEN & looked after status		X						
				X													FirstSteps	FirstSteps (Eating disorder)	Early intervention mild to moderate disordered eating and eating disorders through 121 face to face and video clinic and group Psychoeducation workshops for all eating disorder presentations.	LLR	Up to 25		X			X			
X																	LPT	Getting Help in Neighbourhoods offers	A range of NHS grant funded community offers which support mental health and wellbeing.	LLR	All age		X						
X																	LPT	Learning Disability	Specialist Learning Disability Services work in partnership with local communities to improve health and wellbeing and reduce health inequalities for adults with learning disabilities. This will enable adults with learning disabilities to lead more independent and fulfilling lives and will promote inclusion, choice and rights.	LLR	18 and over	X	0116 295 4528	GP, Healthcare professional, Social worker, carers		0116 295 4528			
X																	Various	Mental Health and Wellbeing Service	Drop ins, 121 support and group work . Staff support the person manage their mental health & cover finance, employment & developing self-help strategies.	LLR	18 and over		X		X		X		
X				X													Vita	NHS Talking Therapies	Provides talking therapy service to those experiencing excessive worry, low mood, depression, anxiety or a lack of motivation. This may be face to face, online or in a group.	LLR	16 and over		X				X		
X																	LPT	OpCommunity	Tel 0116 225 6858 for the armed forces community (including veterans, reservists, serving personnel, families) to offer support/guidance with navigating NHS services & advice on other services that can support with issues.	LLR	All age		X						
X																	Tellmi	Tellmi - Solution focused therapy (online counselling)	Tellmi is an NHS-commissioned digital peer support app for anyone aged 11+. 100% pre-moderated peer support, with pre emptive counsellor intervention.	LLR	All age		X						
								X									Laura Centre	The Laura Centre	Bereavement charity dedicated to helping young people & families navigate the journey of grief. Also provides systemic support for bereaved families, led by qualified therapists.	LLR	5 to 25		X						
								X									Harmless	Tomorrow project - for those bereaved by suicide	Offers 121, confidential, face-to-face support for anybody from LLR who has been affected or bereaved by suicide. There is no age restriction to access this service.	LLR	All age		X			X			
																X	Turning Point	Turning Point - Young People's Team substance misuse	Our young people's team can help you find out the facts about drugs & alcohol & make changes where you want to. Also support young people affected by someone else's substance use.	LLR	Up to 18 and up to 25 where needed		X			X			
Self-help	X																LPT	Arts in Mental Health	Range of arts in mental health including music, art, comedy, literature & spoken word sessions. People with severe & enduring mental health problems, vulnerable or socially isolated service users, all people with mental health problems.	LLR	18 and over			07795 475 806	07795 475 806		07795 475 806		
	X																Vita	NHS Talking Therapies	Provides talking therapy service to those experiencing excessive worry, low mood, depression, anxiety or a lack of motivation. This may be face to face, online or in a group.	LLR	16 and over		X				X		
	X																LPT	Recovery College	NHS college offering a range of recovery-focused educational courses and resources for people aged 18 and over who have lived experience of mental health challenges, along with their friends and family.	LLR	18 and over		X						
	X																Tellmi	Tellmi - online chat	Tellmi has 700+ mental health and self-management tools accessible 24/7.	LLR	All age								
	X																YoungMinds	YoungMinds parent helpline 0808 802 5544	Parents Helpline on 0808 802 5544, Mon - Fri 9:30am - 4:00pm, for detailed advice, emotional support & signposting.	National	Parents/carers								
Advice and signposting	X																County Council	Local Area coordinators	Identify individuals who may benefit from support, develop a presence within their local communities and empower communities to set up initiatives.	County	18 and over			Website					
	X																Primary Care	Social prescribers	Usually in GPs, Social Prescribers help patients to get the right support. They include; People with long-term conditions, low level mental health issues, those who feel lonely or isolated.	LLR	18 and over			County/City contact your GP. In Rutland contact RiSE team.					
	X																Tellmi	Tellmi - signposting directory (App and website)	Tellmi has 700+ mental health and self-management tools accessible 24/7.	LLR	All age								
	X																LPT	The Involvement Centre and Café	Located off reception in the Bradgate Unit, offers a friendly, relaxing, non-clinical environment where an individual can - use a computer, pick up information leaflets, drop in for a specific activity or relax.				Drop in	X	X	X	X		
Resilience and wellbeing	X																General	5 Ways to wellbeing	Evidence based approach to supporting wellbeing and resilience.	LLR	All age								
	X																Active Rutland	Active Rutland	Active Rutland provide a wide range of services for both school age and adults within the Rutland Community	Rutland	all age								
	X																Active Together	Active Together	Active Together are here to make physical activity and sport more accessible and part of our everyday lives.	LL	All age								
24/7 support	X																LPT	Joy	Website which holds local information on activities, clubs, groups and services amiable.	LLR	All age								
	X																LPT	NHS 111 (select option 2)	If you need to speak to someone urgently regarding mental health, call NHS 111 then select option 2. The lines are open 24/7.	LLR	All age			Call 111 option 2			X		
	X																Samaritans	Samaritans	When life is difficult, Samaritans are here - day or night, 365 days a year. You can call them for free on 116 123	National	All age		X						

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																	Provider	Service/offer	Further info	Area	Age	Referral route options					
																						Referrals will be assessed to determine appropriate intervention					
																		NHS 111 (select option 2) Onward referral	Service user can refer directly	Health/Social care/Emergency Professionals	Via Educational Settings	PRISM (GP)	Drop in				
Urgent/crisis intervention	X																LPT	Criss Resolution and Home Treatment Team	For people who, without this service, would require hospital admission to an acute mental health ward, due to mental health crisis which impacts on the person's ability to cope with day-to-day activities.	LLR	18 and over			Call 0300 300 1010			
	X																LPT	Mental Health Urgent Care Hub	Open 24/7 - based at the Bradgate Unit and staffed by mental health practitioners. For people with mental health needs that don't need physical health support from an emergency department.	LLR	All age	X		Call 0116 225 6000			
	X						X										LPT	MHSOP unscheduled care	Provide assessment & short term intervention to people over 65 experiencing first time acute mental health crisis or who are not open to another LPT service. Also assess dementia patients not known to services and there's acute associated risk.	LLR	65+	X				X	
Moderate level intervention	X																LPT	Acute Recovery Team (ART Nursing Team)	Based at the Bradgate unit, provide ECT, rTMS, Clozapine and Olanzapine clinic services to community & inpatient services. The clinics will provide appropriate monitoring as required and any adverse effects will be addressed.	LLR	18 and over			LPT internal 0116 225 2728			
		X															LPT	ADHD	Our service is designed to provide assessments for people suspected of having Attention Deficit Hyperactivity Disorder as an adult, and to provide treatment in the form of medication where appropriate.	LLR	17 years & five months and over	X				X	
			X														LPT	Adult Eating Disorders service	Helps adults who have eating disorders such as anorexia nervosa, bulimia nervosa, binge eating disorder & other diagnosable eating disorders. Offers an outpatient service for LLR patients & regional inpatient service for East Midlands.	LLR	18 and over					X	
	X																LPT	Assertive Outreach	LPT Assertive Outreach works in partnership with people with long-standing mental health needs - Schizophrenia, bi-polar with psychosis, psychotic depression.	LLR	18 and over			Referrals from secondary care services only			
	X																LPT	Cognitive Behavioural Psychotherapy Service (CBT)	Specialist Cognitive Behavioural Psychotherapy Services provides assessment & treatment for a range of disorders where CBT is NICE guideline evidenced for people in secondary care who are able to benefit.	LLR	18 and over			Accept referrals via MDT/ Psychological consultant meeting			
	X																LPT	Community Enhanced Rehabilitation Team (CERT)	Psychology Led, Community rehab team which provides transitional support and mental health rehabilitation focused interventions in the community for adults with severe and enduring mental health difficulties.	LLR	18 and over			Only accept referrals from secondary care teams (Inpatient or community)			
	X																LPT	Community Mental Health Teams	Adult Community Mental Health Teams (CMHT) have consultant psychiatrists, psychiatric nurses, occupational therapists, social workers & psychologists providing interventions & assistance to adults suffering with Mental health difficulties.	LLR	17 to 65	X					
							X										LPT	Criminal Justice and Liaison Diversion	Service for people on the criminal justice pathway or had contact with the police for any reason, victim, suspect, defendant, witness or bystander, who it is felt would benefit from mental health intervention.	LLR	All age			Criminal Justice and Police 0116 248 4809			
	X																LPT	Crisis Resolution and Home Treatment Team	Provides a rapid assessment of people who are experiencing a mental health crisis of such severity that without the intervention of the team, a hospital admission would be necessary.	LLR	18 and over	X		Focus line, GP, healthcare professional, LAMP, network for Change 0300 300 1010		0300 300 1010	
	X																LPT	Dynamic Psychotherapy Service (DPS)	Dynamic psychotherapy is a talking treatment which focusses on patient's underlying and unconscious problems. The service provides assessment, group and individual psychotherapy which can be of benefit to people with a range of psychological and emotional difficulties, including those with long-standing and complex difficulties.	LLR	18 and over	X		Neighbourhood Mental Health Teams MDT/ Psychological Consultant.			
																	LPT	Forensic Mental Health Team	Inpatient & community service for people with a history of offending who also suffer from mental ill health.	LLR	18 and over			Referrals from Secondary care			
										X							LPT	Integrated Care Team	Provide assessment, intervention and support to people with long-term physical health conditions that impact negatively on their mental health. For city east neighbourhood patients only.	City	18 and over			City East GPs 0116 225 6779		X	
	X																LPT	LLR Psychological Therapies	LLR Psychological Therapies provides CBT and CBT informed interventions for people who have presentations where CBT is NICE guideline evidenced but are either treatment refractory, unable to engage or are too complex for NHS Talking Therapies but do not meet the thresholds for LPT secondary care services.	LLR	18 and over			Only accept referrals from Vita Health via Vita Health/ LLR PT referral meeting			
			X								X						LPT	Maternal Mental Health Service	For those experiencing difficulties following a traumatic birth experience or baby loss, or if they are struggling with severe anxiety about their pregnancy or upcoming birth and would like additional support.	LLR	-			Healthcare professionals 0116 295 7920			
										X							LPT	Medical Psychology Team	Service for adults having difficulties managing the impact of medical/physical health problems on their psychological well-being, or are finding their mental health is having an impact on physical health.	LLR	18 and over			UHL only 0116 295 4555			
								X									LPT	Memory Service	Assessment, diagnosis and treatment for people experiencing memory difficulties. Young onset dementia assessment service (YODAS) see patients from 35-64 as standard, will consult on patients as young as 18. Patients 65+ seen as standard.	LLR	18 and over			Healthcare professionals 0116 295 3156		X	
										X							LPT	Mental Health Liaison Team	Provides assessment and treatment for people who experience mental health problems as a result of physical illness. Referrals from the inpatient wards at UHL as well as referrals from GPs and secondary mental health care.	LLR	16 to 65			UHL only 0116 295 4555		X	
	X																LPT	Mental Health Response vehicle	Mental Health Response Vehicle (MHRV) Service provides early on-scene response to individuals experiencing a mental health crisis in the community and explores alternative safe and dignified care and intervention options.	LLR	18 and over	X		EMAS, Police, Adult Social Care (AMHP)			
								X									LPT	Mental Health Services for Older People (MHSOP). Community Mental Health Teams including outpatients	Adults over the age of 65 with depression, anxiety or psychotic illnesses. Service user are supported in a community setting e.g. own home.	LLR	Over 65			FOPALS, GP, healthcare professional, ICRS. 0116 295 6894		0116 295 6894	
								X									LPT	Mental Health Services for Older People (MHSOP) In-reach Team	Support patients with difficulties due to dementia and require support to avoid care home placement breaking down & avoid hospital admission. Provide mental health assessment & specialist support to inpatients at community hospitals.	LLR	Over 65			Community hospitals, Nursing/residential home. 0116 295 6887			
														X			LPT	PAUSE Service - (Psychological Awareness of Unusual and Sensory Experiences). At Risk Mental State team	Assessment, formulation & psychological/psychosocial interventions to people who are at risk of developing psychosis & their families. For individuals are experiencing a clear first episode of psychosis then a referral to PIER is more appropriate	LLR	14 to 35	X					
			X									X					LPT	Perinatal	Provide personalised & specialist care to people with mental health problems relating to pregnancy, childbirth and the first year following a child's birth. Treatments delivered at home, community locations, clinics or via video calls.	LLR	-	X		X		X	
														X			LPT	Psychosis Intervention & Early Recovery (PIER)	Supporting individuals who are or thought to be experiencing their first episode of psychosis. Support for up to 3 years.	LLR	14 to 64	X		Primary / secondary Mental Health Services 0116 294 3167		X	
	X																LPT	Therapy Services for People with Personality Disorder (TSPPD)	Therapy Services for People with Personality Disorder providing psychotherapy programmes drawn from a number of different models of psychotherapy.	LLR	18 and over	X				X	

