

Mental Health level of need	General mental health	Eating disorders	Bereavement	Psychosis	Post Sexual Abuse	Self harm	Substance misuse, smoking, vaping	At a glance - Children & Young People's Mental health support LLR				Referral route options								
								Version for Health and Social Care professionals - updated 9 Feb 2026								Referrals will be assessed to identify appropriate support				
								Service/offer	Further info	Area	Age	NHS 111 (select option 2) Onward referral	Direct referral into service	GP	Via Educational settings	My Self referral Onward referral				
Urgent/crisis intervention	Y							999 and A&E	If there is an immediate or life-threatening emergency, call 999 or attend A&E.	LLR	All age									
	Y							CAMHS Crisis Team	The CAMHS Crisis & home treatment team support CYP in Crisis. Access via GP or NHS 111 option 2. 7 days a week 8.00 to 22.00	LLR	Up to 18	Y			Call direct (SENCO has number)					
	Y							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 select option 2								
High level intervention	Y							Children and Adolescent Mental Health Service (CAMHS)	The Child and Adolescent Mental Health Service (CAMHS) is a specialist service offering mental health assessment and intervention to children and young people (up to the age of 18 years).	LLR	Up to 18	Y			PRISM		X (not including CAMHS Eating Disorders)			
Moderate level intervention						Y		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		LINK		PRISM					
				Y				PAUSE Service - (Psychological Awareness of Unusual and Sensory Experiences). At Risk Mental State team	Offers assessment, formulation & psychological/psychosocial interventions to people who are at risk of developing psychosis & their families. Where individuals are experiencing a clear first episode of psychosis then a referral to PIER is more appropriate	LLR	14 to 35		LPT services can refer directly		PRISM					
				Y				Psychosis Intervention & Early Recovery (PIER)	Supporting people to recover from a psychotic episode & help reduce the likelihood of experiencing further psychotic episodes.	LLR	14 to 64		LPT services can refer directly		PRISM					
	Y							Early intervention service - counselling/group offer	Therapeutic support service made up of 2 organisations: The Relationship Centre Leicestershire and Heads Up. Offers a range of support interventions for children, young people & their parents/carers.	LLR	5 to 18				PRISM		LINK			
Both Low and Moderate Interventions					Y			University Mental Health Neighbourhood Cafes	No appointment necessary to receive immediate face-to-face support with trained staff. The Cafes are available at De Montford University, Loughborough University and the University of Leicester.	Universities	18 +			Drop in						
		Y						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 18 (25 with SEN or looked after status).			LINK						
							Y	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			LINK	PRISM					
Low level intervention								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 required.			LINK	PRISM					
	Y							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					Y				
	Y							Leicestershire Educational Psychology Service (LEPS)	Educational Psychologists who can be contacted for discussion/possible involvement with CYP exhibiting SEND or mental health needs. Offer 121 and group work. Support schools with critical incidents and training. Training and supervision for ELSAs.	County	0 to 25					Y				
	Y							Healthy Together: School Nursing Chat Health	A confidential secure text messaging service for parents of children. Parents/carers living in Leicester city: text 07520 615381 and Leicestershire and Rutland: text 07520 615382.	LLR - 0 to 11 City only - 11 to 19	0 to 19		LINK			LINK				
	Y							Healthy together: School Nursing Team & Health Visitors	Universal service for children and their families and includes health visiting & school nursing services. Helpline 0300 3003001	LLR - 0 to 11 City only - 11 to 19	0 to 19		LINK			LINK				
	Y							Low intensity CBT Service - CYP Well-being Practitioner	Children Well-being Practitioner's (CWPs) offer early intervention using Cognitive Behavioural Therapy (CBT).	LLR	6 to 18				PRISM					
	Y							Mental health support teams in schools	The MHSTs offer early intervention, low intensity, mental health support within schools for CYP with mild to moderate mental health difficulties. The MHST will also offer signposting support.	Varied	5 to 18					Y	LINK			
	Y							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				LINK	PRISM				
							Y		QuitReady - Young Persons Stop Smoking Service	Specialists will work directly with young people, in schools, youth groups, sporting venues and 1-1 face to face advisories.	Leicestershire	12 onwards			LINK					
	Y								Community Chill out Zones CCOZ	CCOZ POP UP & CCOZ DROP IN workshops support CYP who present with low level mental health needs, which impact on their daily lives. Delivering in schools and community venues.	LLR	5 to 18					Y			
	Y								Early intervention service - counselling/group offer	Supports CYP & their parents who present with low/moderate mental health needs. Low mood, anger management, anxiety, relationships, bereavement, self-harm & Suicidal Ideation.	LLR	5 to 18				PRISM		LINK		
	Y								School Support Partnership	To help schools to build knowledge, skills, and confidence so they can support children if they begin to experience Social, Emotional & Mental Health needs (SEMH)	Attending a Rutland school	5 to 16					LINK			
	Y								Teen Health - 121, group interventions and advice drop ins	Our Health & Wellbeing Officers are present in most secondary schools in Leicestershire & Rutland. Provide support through a range of options e.g. group work, workshops, & 121 sessions.	Leicestershire & Rutland	11 to 19		LINK	LINK	LINK				
	Y								Tellmi - text based therapy	Free, NHS-funded, confidential, text-based therapy; 75% of people feel better after one session. No wait list or treatment threshold.	LLR	All age			LINK					
Y								talk2sort Mediation - The Bridge	The talk2sort Mediation Service works with young people aged 11-19, and their families, who may be having problems at home or with their relationships. We support people to explore ways of resolving conflict, improve communication, and improve well-being.	LLR	11-19			0800 038 5964						
			Y					The Laura Centre	CYP's 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			LINK						
			Y					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			LINK						
Self help	Y							NHS Talking Therapies	There are self-help options as part of the NHS Talking therapies offer.	LLR	16 and over									
	Y							Teen Health - health topics directory	Present in most secondary schools in Leicestershire and Rutland. Website holds a range of information including self-help.	LLR	11 to 19									
	Y							Tellmi - anonymous digital peer & counsellor support	NHS-funded digital peer support for adults & children aged 11+. 100% pre-moderated with counsellor intervention for high risk.	LLR	All age			LINK						
	Y							YoungMinds parent helpline 0808 802 5544	Call our Parents Helpline on 0808 802 5544, Mon - Fri 9:30am - 4:00pm, for detailed advice, emotional support & signposting.	LLR	Parents/carers									
Advice and signposting	Y							Care Navigators	Support with: helping get your CYP to the right services, signposting, helping professionals share information, co-ordinate health appointments, & attend Team around the Family meetings.	LLR	0 to 19			LINK	PRISM					
	Y							Childline 0800 1111	Childline is a free, confidential service where you can talk about anything 24/7. We're here online, on the phone, anytime.	LLR	All age			0800 1111						
	Y							Health for Teens website	Resource for young people to find out more about health.	LLR	11-19									
	Y							My self referral website	Access information on mental health and/or refer yourself/others for mental health support if you fall under certain criteria.	LLR	0 to 18									
	Y							Teen Health - signpostings and advice drop ins	Drop ins are in schools once a week with the health and wellbeing officer. Website holds a range of information including self-help and info on what that day the wellbeing officer is in school.	LLR	11 to 19									
	Y							Tellmi - signposting directory (App and website)	Directory of local, national, crisis and specialist services and 700+ mental health and self-management tools accessible 24/7.	LLR	All age									
Resilience and wellbeing	Y							Young Minds website	One of the UK's leading charities fighting for a world where no young person feels alone with their mental health	LLR	All age									
	Y							5 Ways to wellbeing	Evidence based approach to supporting wellbeing and resilience.	LLR	All age									
	Y							Active Rutland	Active Rutland provide a wide range of services for both school age and adults within the Rutland Community	Rutland	all age									
	Y							Active Together	Active Together are here to make physical activity and sport more accessible and part of our everyday lives.	LLR	All age									
	Y							Leicester Sexual Health	Confidential sexual health services for STI testing/treatment, contraception, and information/advice on sexual health.	City	13 and over									
	Y							Leicestershire and Rutland Sexual Health	Confidential sexual health services for STI testing/treatment, contraception, and information/advice on sexual health.	County & Rutland	In person 13+ online 16+									
Y							Joy	Website which hold local information on activities, clubs, groups and services amiable.	LLR	All age										



Adult Mental Health - referrals can only be made by Health and Social Care professionals

Updated 9 Feb 2026

Mental Health level of need	General mental health	Neurodiversity	Maternity/perinatal	Eating disorders	Employment support	Criminal Justice	Forensic mental health	Dementia/memory/older ages	Bereavement	Physical health	Prenatal/Perinatal	Homeless	Psychosis	Post Sexual Abuse	Self-harm	Substance misuse, smoking, vaping, gambling	Provider	Service/offer	Further info	Area	Age	Referral route options					
																						Referrals will be assessed to determine appropriate intervention					
																						NHS 111 option 2 Onward referral	Service user can refer directly	Health/Social care/Emergency Professionals	Via Educational Settings	GP	Drop in
Urgent/crisis intervention	Y																LPT	Crisis 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			
	Y																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	Y		Call 0116 225 6000			
	Y						Y										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+	Y				PRISM	
Moderate level intervention	Y																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			
		Y															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	Y				PRISM	
			Y														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					PRISM	
																	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			
																	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			
																	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)			
																	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	Y					
							Y										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			
																	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	Y		Focus line, GP, healthcare professional, LAMP, network for Change 0300 300 1010		0300 300 1010	
																	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	Y		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			
										Y							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 patients in selected city GP's only.	City	18 and over			Selected City GPs 0116 225 6779		PRISM	
		Y															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			
			Y									Y					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			
											Y						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			
								Y									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 6894		PRISM	
											Y						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			Healthcare professionals 0116 295 4562		PRISM	
		Y															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	Y		EMAS, Police, Adult Social Care (AMHP)			
								Y									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	
								Y									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			
													Y			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	Y		Primary / secondary Mental Health Services 0116 294 3167		PRISM		
		Y								Y						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	-	Y		LINK		PRISM		
													Y			LPT	Psychosis Intervention & Early Recovery (PIER)	Supporting people who are or thought to be experiencing their first episode of psychosis. Support up to 3 years.	LLR	14 to 64	Y		Primary / secondary Mental Health Services 0116 294 3167		PRISM		
	Y															LPT	Therapy Services for People with Personality Disorder (TSPDP)	Therapy Services for People with Personality Disorder providing psychotherapy programmes drawn from a number of different models of psychotherapy.	LLR	18 and over	Y				PRISM		

