# At a glance - Children & Young People's Mental health support LLR

## Version for Health and Social Care professionals - updated 11 Nov 2026

| Mental Health level of need | General mental health | Eating disorders | Bereavement | Pyschosis | Post Sexual Abuse | Self harm | Substance misuse, smoking,vaping | Provider | Service/offer | Further info | Area | Age | Referral route options: NHS 111 (select option 2) Onward referral | Direct referral into service | GP | Via Educational settings | My Self referral Onward referral |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | Referrals will be assessed to identify appropriate support | | | | |
| 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 | | | | | | | LPT | 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 | | Y | Call direct (SENCO has number) | |
| | Y | | | | | | | 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 select option 2 | | | | |
| High level intervention | Y | | | | | | | LPT | 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 | | Y (not including CAMHS Eating Disorders) |
| Moderate level intervention | | | | | | Y | | 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 | | LINK | | | |
| | | | | Y | | | | LPT | 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 | | | | LPT | 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 | | | | | | | Various | 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 | | | |
| Both Low and Moderate Interventions | Y | | | | | | | Relationship Centre and Heads Up | Early Intervention service - 121 counselling and group offer | Therapeutic support service made up of 2 organisations: The Relationship Centre Leicesershire and Heads Up. Offers 121 counselling and group work for young people presenting with mild to moderate mental health, ADHD, and also parent/carer support. | LLR | 5 to 18 | | | PRISM | | LINK |
| | | | | | Y | | | Family Action | Family Action - post sexual abuse (PSA) | Improve mental health and emotional wellbeing of children, young people, and their parents 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 | | | | | | First Steps ED | 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 | | | |
| | | | | | | | Y | 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 required. | | LINK | | | |
| Low level intervention | Y | | | | | | | City Council | City Early Intervention Psychology Support (CEIPS) | 121 and groupwork support for children & young people with mild to moderate mental health and SEND needs delivered by Educational and Assistant Psychologists in City schools. | City | 0 to 25 | | | | Y | |
| | Y | | | | | | | County Council | 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 | | | | | | | LPT | 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<br>City only - 11 to 19 | 0 to 19 | | LINK | | LINK | |
| | Y | | | | | | | LPT | 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<br>City only - 11 to 19 | 0 to 19 | | LINK | | LINK | |
| | Y | | | | | | | LPT | 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 | | | | | | | 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 | | LINK | | | |
| | | | | | | | Y | County Council | 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 | | LINK | |
| | Y | | | | | | | Relationship Centre | Community Chill out Zones CCOZ | CCOZ workshops raise awareness of mental health and emotional wellbeing, equipping CYP with strategies to navigate emotional challenges. Delivered in schools and community venues. | LLR | 5 to 18 | | | | Y | |
| | Y | | | | | | | Rutland County Council | 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 | | | | | | | County Council | 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 | |
| | Y | | | | | | | Tellmi | 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 | | | | | | | The Bridge | 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 | 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 | | | | | 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 | | LINK | | | |
| Self help | Y | | | | | | | Vita | NHS Talking Therapies | There are self-help options as part of the NHS Talking therapies offer. | LLR | 16 and over | | | | | |
| | Y | | | | | | | County Council | 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 | 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 | 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 | | | | | | | LPT | 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 | | | |
| | Y | | | | | | | ChildLine | 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 | | | | | | | LPT | Health for Teens website | Resource for young people to find out more about health. | LLR | 11-19 | | | | | |
| | Y | | | | | | | DHU | 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 | | | | | | | County Council | 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. | Leicestershire & Rutland | 11 to 19 | | | | | |
| | Y | | | | | | | Tellmi | 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 | | | | | |
| | Y | | | | | | | YoungMinds | 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 | | | | | |
| Resilience and wellbeing | Y | | | | | | | General | 5 Ways to wellbeing | Evidence based approach to supporting wellbeing and resilience. | LLR | All age | | | | | |
| | Y | | | | | | | Active Together | 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 | Active Together are here to make physical activity and sport more accessible and part of our everyday lives. | LLR | All age | | | | | |
| | Y | | | | | | | LSH | Leicester Sexual Health | Confidential sexual health services for STI testing/treatment, contraception, and information/advice on sexual health. | City | 13 and over | | | | | |
| | Y | | | | | | | SH:24 | 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 | | | | | | | LPT | Joy | Website which hold local information on activities, clubs, groups and services amiable. | LLR | All age | | | | | |

# At a glance - Adults Mental health support LLR

## Version for Health and Social Care professionals - updated 11 Nov 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 | MH arising from Physical health issues | Prenatal/Perinatal | Homeless | Psychosis | Post Sexual Abuse | Self-harm | Substance misuse, smoking, gambling | Provider | Service/offer | Further info | Area | Age | Referral route options: NHS 111 option 2 Onward referral | Service user can refer directly | Health/Social care/Emergency Professionals | Via Educational Settings | GP | Drop in |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | | | | | | Referrals are assessed to identify appropriate support | | | | | |
| 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 | | | | | | | | | | | | | | | | LPT | NHS 111 select option 2 | Speak to someone urgently regarding mental health, call NHS 111 then select option 2. Open 24/7. | LLR | All age | | Call 111 option 2 | Call 111 option 2 | Call 111 option 2 | PRISM | |
| | Y | | | | | | | | | | | | | | | | LPT | NHS text service | For urgent mental health support text 0748 063 5199 and we will aim to get back to you within 12 hours. | LLR | All age | | Text 0748 063 5199 | Text 0748 063 5200 | Text 0748 063 5201 | | |
| High level intervention | Y | | | | | | | | | | | | | | | | Various | Mental Health Neighbourhood Cafés | Over 40 drop in sessions across LLR, with trained and supportive staff providing 121 support and group work. | LLR | 18 and over | | Drop in | | | | Y |
| Moderate interventions | | | | | | | | | | | | | | | Y | | 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 | | LINK | LINK | | PRISM | |
| | | | | | | | | | | | | Y | | | | | 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 | | LINK | | | | |
| | | | | | | | | Y | | | | | | | | | Alzheimers Society | Dementia Support | Support to people affected by dementia across Leicester and Leicestershire. This includes those experiencing memory loss, living with a diagnosis, and family members and carers who support them. | LL (not Rutland) | 18 and over | | 0116 231 6939 | LINK | | PRISM | |
| | Y | | | | | | | | | | | | | | | | Various | Mental Health Neighbourhood Cafés | Over 40 drop in sessions across LLR, with trained and supportive staff providing 121 support and group work. | LLR | 18 and over | | Drop in | | | | Y |
| Both Low and Moderate interventions | | | | | | | | | | | | | | Y | | | Family Action | Family Action - post sexual abuse (PSA) | Improve mental health and emotional wellbeing of Children and young people and their parents, who have experienced sexual abuse. Individual therapeutic work, group work, & also parents/carers & consultations to professionals. | LLR | Up to 25 SEN & looked after status | | LINK | | | | |
| | | | | Y | | | | | | | | | | | | | 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 | | LINK | | | PRISM | |
| | | | | | | | | | | | | | | | | Y | Derbyshire Healthcare Trust | NHS East Mids Gambling Harms service | Offer specialist treatment and support to people struggling with problem gambling. Have a clinical team made up of psychologists, therapists, mental health practitioners and psychiatrists. | LLR | 18 and over | | Call 0300 013 2330 or use referral form | Form | | Form | |
| | Y | | | | Y | | | | | | | | | | | | 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 | | LINK | | | PRISM | |
| | Y | | | | | | | | | | | | | | | | Loughborough wellbeing Centre | LLR Armed Forces Navigation Hub | Tel 01509 606 370 for support/guidance with navigating NHS services & advice on other services that can support with issues. Includes veterans, reservists, serving personnel and families. | LLR | All age | | 01509 606 370 | | | | |
| | | | | | | | | | | | | | | | | Y | 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. including veterans, reservists, serving personnel, families | LLR | All age | | LINK | LINK | | PRISM | |
| Low intervention | Y | | | | | | | | | | | | | | | | 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 | | 0808 808 1677 | | | | |
| | | | | | | | | | Y | | | | | | | | Cruse | Cruse Bereavment Support | Supports bereaved adults, children and young people. Include the national Cruse Helpline, group sessions and 121 support sessions, delivered nationally and locally by our trained bereavement volunteers. | LLR | All age | | 0808 808 1677 | | | | |
| | | | | | Y | | | | | | | | | | | | 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 | | LINK | | | | |
| | Y | | | | | | | | | | | | | | | | LPT | Getting Help in Neighbourhoods offers | A range of NHS grant funded community offers which support mental health and wellbeing. | LLR | All age | | | | | | |
| | Y | | | | | | | | | | | | | | | | LPT | Community Learning Disability | Specialist Learning Disability Services 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 | Y | 0116 295 4528 | GP, Healthcare professional, Social worker, carers | | 0116 295 4528 | |
| | Y | | | | | | | | | | | | | | | | 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 | | LINK | | | | |
| | | | | | | | | | Y | | | | | | | | 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 | | 0116 254 4341 | | | | |
| | | | | | | | | | Y | | | | | | | | 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 | | LINK | | | PRISM | |
| Self-help | Y | | | | | | | | | | | | | | | | 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 | |
| | Y | | | | | | | | | | | | | | | | 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 | | LINK | | | PRISM | |
| | Y | | | | | | | | | | | | | | | | 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 | | LINK | | | | |
| | Y | | | | | | | | | | | | | | | | Tellmi | Tellmi - online chat | Tellmi has 700+ mental health and self-management tools accessible 24/7. | LLR | All age | | | | | | |
| | Y | | | | | | | | | | | | | | | | 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 | | 0808 802 5544 | | | | |
| Advice and signposting | Y | | | | | | | | | | | | | | | | 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 | | | | |
| | Y | | | | | | | | | | | | | | | | Primary Care | Social prescribers | Social Prescribers are based in GP practice in Leicester and Leicestershire or in the Rise team in Rultand. A Social Prescriber can connect people to non-clinical, community-based support and activities to improve overall health and wellbeing. | LLR | 18 and over | | County/City contact your GP. In Rutland contact RISE team. | | | | |
| | Y | | | | | | | | | | | | | | | | Tellmi | Tellmi - signposting directory (App/website) | Tellmi has 700+ mental health and self-management tools accessible 24/7. | LLR | All age | | | | | | |
| | Y | | | | | | | | | | | | | | | | 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. | LLR | 18 and over | | Drop in | Y | Y | PRISM | Y |
| Resilience and wellbeing | Y | | | | | | | | | | | | | | | | General | 5 Ways to wellbeing | Evidence based approach to supporting wellbeing and resilience. | LLR | All age | | | | | | |
| | Y | | | | | | | | | | | | | | | | Active Together | Active Together | Active Together are here to make physical activity and sport more accessible and part of our everyday lives. Also improving lifetyle such as smoking cessation, falls prevention and reducing alcohol intake. | LLR | All age | | LINK | | | | |
| | Y | | | | | | | | | | | | | | | | LPT | Joy | Website which holds local information on activities, clubs, groups and services amiable. | LLR | All age | | | | | | |
| | Y | | | | | | | | | | | | | | | | Leicester Sexual Health | Leicester Sexual Health | Confidential sexual health services for STI testing/treatment, contraception, and information/advice on sexual health. | City | 13 and over | | | | | | |
| | Y | | | | | | | | | | | | | | | | SH:24 | 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+ | | | | | | |
| 24/7 support | Y | | | | | | | | | | | | | | | | 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 | | | PRISM | |
| | Y | | | | | | | | | | | | | | | | 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 | | LINK | | | | |

NHS

Leicester, Leicestershire and Rutland
Health and Wellbeing Partnership

To access this document online scan the QR code or click here.

Email: lpt.transformationteam@nhs.net

# Adult Mental Health - referrals can only be made by Health and Social Care professionals Updated 11 Nov 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 SeVual Abuse | Self-harm | Substance misuse, smoking, vaping, gambling | Provider | Service/offer | Further info | Area | Age | Referral route options<br>Referrals will be assessed to determine appropriate intervention<br>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 eYperiencing 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<br>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 anoreYia 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 | |
| | Y | | | | | | | | | | | | | | | | 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 | | | |
| | Y | | | | | | | | | | | | | | | | 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 consulter meeting | | | |
| | Y | | | | | | | | | | | | | | | | 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) | | | |
| | Y | | | | | | | | | | | | | | | | LPT | Neighbourhood Mental health Teams | Neighbourhood Mental Health Teams (NMHT) have consultant psychiatrists, psychiatric nurses, occupational therapists, social workers & psychologists providing interventions & assistance to adults and older adults suffering with Mental health difficulties. | LLR | 17 and over | 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<br>0116 248 4809 | | | |
| | Y | | | | | | | | | | | | | | | | LPT | Crisis Resolution and Home Treatment Team | Provides a rapid assessment of people who are eYperiencing 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<br>0300 300 1010 | | 0300 300 1010 | |
| | Y | | | | | | | | | | | | | | | | 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 compleY difficulties. | LLR | 18 and over | Y | | Neighbourhood Mental Health Teams MDT/ Psychological Consulter. | | | |
| | | | | | | | | | | | | | | | | | 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<br>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 compleY 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 eYperiencing difficulties following a traumatic birth eYperience or baby loss, or if they are struggling with severe anYiety about their pregnancy or upcoming birth and would like additional support. | LLR | - | | | Healthcare professionals<br>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<br>0116 295 4555 | | | |
| | | | | | | | | Y | | | | | | | | | LPT | Memory Service | Assessment, diagnosis and treatment for people eYperiencing 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<br>0116 295 6894 | | PRISM | |
| | | | | | | | | | | Y | | | | | | | LPT | Mental Health Liaison Team | Provides assessment and treatment for people who eYperience 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<br>0116 295 4562 | | PRISM | |
| | Y | | | | | | | | | | | | | | | | LPT | Mental Health Response vehicle | Mental Health Response Vehicle (MHRV) Service provides early on-scene response to individuals eYperiencing a mental health crisis in the community and eYplores 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, anYiety or psychotic illnesses. Service user are supported in a community setting e.g. own home. | LLR | Over 65 | | | FOPALS, GP, healthcare professional, ICRS.<br>0116 295 6894 | | 0116 295 6894 | |
| | | | | | | | | | | | | | Y | | | | LPT | PAUSE Service - (Psychological Awareness of Unusual and Sensory EYperiences). At Risk Mental State team | Assessment, formulation & psychological/psychosocial interventions to people who are at risk of developing psychosis & their families. For individuals are eYperiencing a clear first episode of psychosis then a referral to PIER is more appropriate | LLR | 14 to 35 | Y | | Primary / secondary Mental Health Services<br>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 eperiencing their first episode of psychosis. Support up to 3 years. | LLR | 14 to 64 | Y | | Primary / secondary Mental Health Services<br>0116 294 3167 | | PRISM | |
| | | Y | | | | | | | | | | | | | | | LPT | Specialist Autism Team (SAT) | Supporting Autistic people, their families and other professionals. We offer self-directed psychoeducation via an online platform called Guidance. Group workshops are also available. Individuals with more complex needs may be eligible for 1:1 interventions. To be referred, individual must have an LPT Lead professional. | LLR | 14 and upwards | | | LINK | LINK | LINK | |
| | Y | | | | | | | | | | | | | | | | 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 | Y | | | | PRISM | |

Leicester, Leicestershire and Rutland
Health and Wellbeing Partnership

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