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

Version for non health 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 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 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					

Leicester, Leicestershire and Rutland Health and Wellbeing Partnership

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At a glance - Adults Mental health support LLR

Version for non health 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: Referrals will be assessed to identify appropriate support — 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																	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 Rutland. 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				

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