

Support for Children, Young People and Parents

Agency:	Weblinks/Contact details:
Healthy Together School Nurse Team	Healthy Together 0-19 (Health Visiting and School Nursing) - Leicestershire Partnership NHS Trust (leicspart.nhs.uk)
Chat Health Leicestershire Partnership NHS Trust runs a confidential secure text messaging service for parents of children aged 0-19 years.	Parent/carers living in Leicestershire and Rutland: text 07520 615382
Health for Kids Health for kids website offers children of primary school age a fun website co designed with local children, offering trusted health advice from trusted professionals in a fun and interactive way.	Health for Kids A fun and interactive resource for learning about health
Every Mind Matters A public health England and NHS site to help people take simple steps to look after their mental health, improve their mental wellbeing and support others.	https://www.nhs.uk/oneyou/every-mind-matters/
Children and Family Well-being Service The Children and Family Wellbeing Service (CFWS) offer various support in the form of groups and one to one work with the child or the whole family. They aim to ensure that families have access to the support they need and develop positive behaviours and relationships.	Parenting support from the Children and Family Wellbeing Service Leicestershire County Council
Mum's Mind A confidential service offering expert advice and information to support mothers who struggle with mental health issues during pregnancy/baby's first year.	Dedicated Text line – Tel: 07507 330 026
ADHD Solutions Provides information, help and support for children, young people, and adults with ADHD, their families and professionals who support them.	Tel: 0116 261 0711—Email: Info@adhd-solutions.org
Time to Talk A social media peer support community for adults in the UK with mental health difficulties. They provide a safe place for people to talk about their mental health in confidence with others who understand.	https://www.timetotalkuk.org.uk/
Qwell Free, safe and anonymous mental wellbeing support for adults across the UK	Home - Qwell www.quell.io
Kooth	www.kooth.com

The Kooth team provide free, safe and anonymous online support and counselling for young people (11-18 years).	
Contact Support, advice and information for parents with disabled children.	Helpline: 0808 808 3555 Website: https://contact.org.uk/
The Laura Centre The Laura Centre is a professional bereavement service that believes in providing a safe, friendly and inclusive environment. We have a mixture of qualified counsellors and trained visiting counsellors.	https://thelauracentre.org.uk/ Helpline: 01162544341
Anxiety UK Support for parents or secondary age young people who are experiencing high levels of stress or worry.	Tel: 03444 775 774—Text: 07537 416 905 Email: support@anxietyuk.org.uk Live chat via the icon on the website. https://www.anxietyuk.org.uk/get-help/support-for-children-young-people/
Beat The UK's eating disorders charity.	Call the Helpline on Tel: 0808 801 0677 , Youth line on Tel: 0808 801 0711 or Student line on Tel: 0808 801 0811 , or try web chat at Website: www.beateatingdisorders.org.uk
Childline	Call 0800 1111 or speak to a counsellor online at www.childline.org.uk
UAVA Support for anyone who has been affected by domestic abuse and or sexual violence.	Tel: 0808 80 200 28 Email: info@uava.org.uk Text support: 07715 994 962
Papyrus A national charity for prevention of young suicide. Provides support if you or a young person needs confidential suicide prevention advice.	Contact HOPELINE 0800 068 4141 Papyrus-uk.org/
SHOUT Offers support in a crisis	Text shout to 85258
HARMLESS Provides resources, advice and/or support for young people who are self-harming or at risk of self-harming.	Email: info@harmless.org.uk
Charlie Waller Memorial Trust Provides resources and training around mental health.	0163 586 9754 https://www.cwmt.org.uk/contact-us
Turning Point For advice on substance misuse – professional and self-referral.	0330 030 6000
Switch Board A one stop LGBT listening service via phone, email and instant messaging.	0300 330 0630