

Mental Health Help & Support Directory

We offer ongoing support for our students with mental health issues. If you are finding it difficult to cope and are struggling with your studies, we can help you to access support, advice and information you need.



ORGANISATION

Mental Health Support Team

WHAT IT DOES

Mental Health Support Teams in schools (MHSTs) is a new service helping to support young people in achieving good mental health and emotional wellbeing.

CONTACT INFORMATION

<https://www.healthforkids.co.uk/leicestershire/introducing-the-mental-health-support-team-in-schools/>

ORGANISATION

WHAT IT DOES

CONTACT INFORMATION

Samaritans

A freephone listening service providing support for any worries/anxieties and a listening ear.

116 123

Young Minds

Offers support and signposting to other 'agencies'.

www.youngminds.org.uk

Text YM to **85258** for urgent help

Parents helpline **0808 802 5544**

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**

Start a conversation

Start a Conversation is a suicide prevention campaign that aims to build a community that is committed to the mental health and wellbeing of its residents. A non-judging environment where care and support are available to those in distress or those bereaved or affected by suicide.

www.startaconversation.co.uk/coronavirus-and-mental-wellbeing

ORGANISATION

WHAT IT DOES

CONTACT INFORMATION

Charlie Waller Memorial Trust

Provides resources and training around mental health.

0163 586 9754

www.cwmt.org.uk/contact-us

Childline

A free, private and confidential service for young people where you can talk about anything.

0800 1111 9am - midnight

Childline.org.uk/

NHS Health for Teens

Online resources and information covering a wide range of health issues.

Healthforteens.co.uk/

0752 061 5387

NHS chat health text service

ChatHealth is a secure and confidential text messaging service for young people. It allows patients to easily and anonymously get in touch with a healthcare professional for advice and support.

Nhs.uk/apps-library/chathealth/

0752 061 5387

Turning Point

For advice on substance misuse – professional and self-referral.

0330 030 6000

Leicester.gov.uk/media/181771/leicester-and-leicestershire-turning-point.pdf

ORGANISATION

WHAT IT DOES

CONTACT INFORMATION

Anna Freud

One example of what Anna Freud can offer is Schools in Mind

Schools in Mind is a free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.

The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care.

Email - schoolsinmind@annafreud.org

0207 749 2313

Annafreud.org/

Tellmi

A digital mental health support portal that is available all year round

<https://www.tellmi.help/>

Ed Psychology Service

Helpline for parents, teachers available daily 9 – 11.30.

0116 305 5100

ORGANISATION

Early Help – children and family well-being service

Well-being practitioners

WHAT IT DOES

Bounce Back – age 8-12/13 children who are worried/anxious – low level concerns.

Managing anxiety -understanding anxiety – could be CBT interventions

Parental Mental Health- group support for parents who have increasing anxieties around emotional, health and well being

Well-being Practitioners have been trained as part of the Improving Access to Psychological Therapies (IAPT) initiative. WPs are able to offer CBT based interventions to support Children and Young People experiencing common mental health difficulties.

Wellbeing Practitioners can work with Children and Young People (CYP) experiencing any of the following.

- Low mood
- Worry
- Generalized anxiety & social anxiety
- Panic
- Sleep problems due to anxiety/low-mood
- Simple phobias (excluding blood, needles and vomit)
- Stress management

CONTACT INFORMATION

Refer to Early Help using the MARF

Children and Family Well-being Service

0116 305 8727 for more information

ORGANISATION

WHAT IT DOES

CONTACT INFORMATION

DHU LLR Mental and Emotional Health Triage and Navigation Service

This is a new way for schools to refer pupils for mental health support either by interventions or by signposting the school to the appropriate support. Form is available on Leicestershire Traded Services and it is an addendum to the Local Authority MARF form.

Available on Leicestershire Traded Services website – Safeguarding in Education (DSL resources area)
Download file called “LPT CYP Service offer during social isolation”

Barnados

Specialist workers support families through domestic abuse, mental health problems, prison sentences, asylum seeking and much more.

www.barnados.org.uk/

Helpline **0800 157 7015**

LAMP (Leicestershire Action for Mental Health)

A local charity providing mental health support and advocacy.

0116 255 6286

Lampadvocacy.co.uk

Switch Board

A one stop LGBT listening service via phone, email and instant messaging.

0300 330 0630

Healthy Schools

Training for schools around mental health including bereavement training staff health and well-being, mental health in early years etc.

www.leicestershirehealthyschools.org.uk/training-and-events

Let's talk wellbeing

A local NHS service providing talking therapy for mild to moderate mental health concerns including stress, anxiety, depression etc

For young people over the age of 16 – self referral.

0115 876 0157

Letstalkwellbeing.co.uk

ORGANISATION

WHAT IT DOES

CONTACT INFORMATION

Youth helpline

Support for 13 –20 year olds

0330 606 1174

<https://nopanic.org.uk/>

Family action

Support for adult family members

www.family-action.org.uk

MIND

Information and resources for understanding your mental health and to help understand and improve your mental well -being.

0300 123 3393

www.mind.org.uk/

SANEline

Online support for anybody experiencing mental health problems or is supporting someone who is.

[Sane.org.uk/what we do/support/helpline](http://Sane.org.uk/what_we_do/support/helpline)

300 304 7000

Email: support@sane.org.uk

School Nurses

A wealth of advice – check this website to contact this service.

Healthforkids.co.uk/leicestershire/school-nurses/

Education Support

Resources for managers managing trauma through covid.

www.educationsupport.org.uk/-

MINDed

[MINDed Resources for all](#)

<https://covid.minded.org.uk/>

ORGANISATION

WHAT IT DOES

CONTACT INFORMATION

LLR Sports Partnership

LLR Sports partnership improve wellbeing of adults.

Early Years

Healthy at home

Active together

www.lrsport.org/active-together -

www.lrsport.org/healthyathome

www.lrsport.org/active-together

www.lrsport.org/wellbeingatwork

www.lrsport.org/earlyyears

Samaritans

Support for Schools to prepare for and recover from a suspected or attempted suicide.

[https://campaignresources.phe.gov.uk/schools/resources/what-to-do-about-worry-year6-lesson-plan-pack Y6](https://campaignresources.phe.gov.uk/schools/resources/what-to-do-about-worry-year6-lesson-plan-pack-Y6)

Public Health

Resource pack - how to deal with worry.

[https://campaignresources.phe.gov.uk/schools/resources/what-to-do-about-worry-year6-lesson-plan-pack Y6](https://campaignresources.phe.gov.uk/schools/resources/what-to-do-about-worry-year6-lesson-plan-pack-Y6)

Virtual Library of UK Disability Resources

A variety of resources available in Leicestershire to support adult mental health.

www.ableize.com/disabled-groups-and-clubs-by-county/leicester-and-leicestershire/leicestershire-mental-health/

Childline

Childline resources for children

www.childline.org.uk/

Sunrise well being

Some free resources and group sessions for children, parents and carers.

<https://sunrisewellbeing.co.uk/>

ORGANISATION

WHAT IT DOES

CONTACT INFORMATION

Barnardos

Barnardos self-help programme
'See, hear, respond'

www.barnardos.org.uk/see-hear-respond/self-referral/self-referral-form

The Spark Arts

Well being through art for children

<https://thesparkarts.co.uk/>

Education Support

Support website for Educationalist including a confidential phone line.

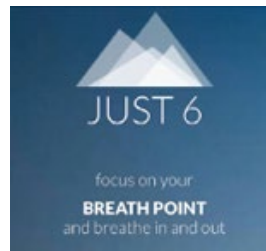
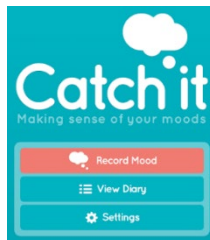
www.educationsupport.org.uk/looking-after-teacher-wellbeing

Muted

Mental Health Charity - Offers peer support online or over the phone.

support@muted.org.uk

Phone Apps



Student Health App



For a full list of apps, please visit: <https://bristolmind.org.uk/mental-health-resources/stay-alive/>

ORGANISATION

WHAT IT DOES

CONTACT INFORMATION

Vita Minds

A service that aims to improve the mental health & wellbeing of those suffering with -> depression, low mood related to a physical condition, anxiety, sleep deprivation, stress, phobias, OCD and recovery from trauma. Vita Health groups further offer a range of short-term psychological therapies to adults 16+

0330 094 5595

[NHS Mental Health Services Leicester, Leicestershire & Rutland](#)
[\(vitahealthgroup.co.uk\)](http://vitahealthgroup.co.uk)

Quetzal

A service offering long term counselling to support women recovering from childhood sexual abuse.

0333 1014280

help@quetzal.org.uk

Jasmine House

A service offering long term counselling to support women recovering from childhood sexual abuse.

[Jasmine House - Leicester Rape Crisis at Jasmine House](#)

ORGANISATION

WHAT IT DOES

CONTACT INFORMATION

Trade

A sexual health service offering -> online STI testing, remote HIV testing, screening for men, safe sex packs for men, counselling, and accessing C card.

<https://www.tradesexualhealth.com/>

First Step

A free confidential service for males aged 13+ who have disclosed experiencing sexual abuse. This service offers emotional support and counselling for individuals aged 13-18 and then 18+.

Call - 0116 254 8535

Text - 07581 568 144

[Contact Us - First Step Leicester Leicestershire and Rutland](#)

Alumnia

A free, online 7 week course for young people struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers.

<https://alumina.selfharm.co.uk>