

Anyone can contact services for help and advice. **In an emergency please call 999**



Children & Young People's Emotional, Mental Health & Wellbeing Services Leicester, Leicestershire & Rutland

Where can I get help?	<p>Resilience</p> <p>0-19 healthy child programmes provided by professionals</p> 	<p>Early Help <i>(is in each area)</i></p> <p>Youth & Family Support Welfare Education Connexions Advice Children Centres Youth Offending</p>	<p>Early Intervention</p> <p>Relate Counselling Support ADHD Solutions, ADHD family support/parenting groups Centres for Fun & Families offer group work to help with anxiety</p>	<p>Online Counselling</p> <p>Anonymous online help & support for Young People Chat & Forums Messaging Information & advice Parent/Carers help</p>	<p>Specialist Mental Health Services</p> <p>Help for children & young people with emotional & behavioural difficulties that need specialist support</p>
We work with...	<p>0-19</p>		<p>5-18</p>	<p>11-19</p>	<p>Any age</p>
Refer...	<p>Referrals need to be made by Professionals working with Children & Families</p>		<p>Only GPs and CAMHS can refer</p>	<p>Young People can access service directly</p>	<p>Referrals need to be made by a Healthcare Professional</p>
Getting In Touch With Us	<p>Visit our website www.leicspart.nhs.uk</p> <p>Text ChatHealth Leicester 07520615381 Leicestershire & Rutland 07520615382</p>	<ul style="list-style-type: none"> • Leicester 0116 454 1004 • Leicestershire 0116 3050005 • Rutland www.rutland.gov.uk/education_and_learning/family_information_service 01572 722577 	<p>relate the relationship people</p> <p>0116 2543011</p>	<p>Kooth.com</p> 	<p>Speak to your GP, School Nurse or a Social Worker</p> 