





# Mental health and Wellbeing Resources

 <p><b>Local NHS text messaging service providing confidential advice.</b></p>	<p><u>For parents of children and young people 0-19 years</u></p> <p>Text: 07520 615382</p> <p><u>Young people aged 11-19 living in Leicestershire and Rutland</u></p> <p>Text: 07520 615387</p> <p><b>9am-5pm, Monday to Friday, response within 24 hours</b></p>
 <p>Free and confidential help for young people in the UK.</p>	<p><a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p>CHILDLINE: 0800 1111</p> <p>online or on the phone anytime</p>
 <p>Local NHS website that brings together interactive and informative content for primary school children, their parents and teachers, including content on health and wellbeing</p>	<p><a href="http://www.healthforkids.co.uk">www.healthforkids.co.uk</a></p>
 <p>Online counselling, web chats, self-help resources available</p>	<p><a href="https://www.kooth.com/">https://www.kooth.com/</a></p> <p>For young people ages 11-25 to children and young people from Leicester, Leicestershire and Rutland.</p> <p>Counsellors available</p> <p>Monday-Friday: 12pm-10pm</p> <p>Weekends: 6pm-10pm</p>



Samaritans is a free, confidential phoneline service for anyone who is struggling to cope

<https://www.samaritans.org/>

Phoneline: 116 123  
24 hours a day, 365 days of the year

Email: [jo@samaritans.org](mailto:jo@samaritans.org) (response time 24hours)



Shout 85258 is a free, confidential text messaging support service for anyone who is struggling to cope

<https://giveusashout.org/>

Text: 'SHOUT' to 85258



National charity providing online & telephone support to young people under 25

[www.themix.org.uk](http://www.themix.org.uk)

Young people call: 0808 808 4994 (Every day, 4.00pm-11.00pm)

Text facility: THEMIX to 85258 (24/7 crisis support)



National charity for children and young people's mental health

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Parents Helpline: 0808 802 5544 (Mon-Fri, 9:30-4:00)

Young People looking for urgent help text YM to 85258



An independent organisation based in Leicester, supporting children young people and adults who have ADHD

<http://www.adhdsolutions.org/>

Telephone number: 0116 261 0711 (Monday – Friday 9.00am – 5.00pm) Answer machine available outside of these hours.

Email: [info@adhdsolutions.org](mailto:info@adhdsolutions.org)



**National charity for eating disorders**

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)  
**School staff, or any concerned adult**  
Tel: 0808 801677  
**Young people under 18**  
Telephone number: 0808 801 0711

Helplines 12pm-8pm weekdays, 4pm-8pm weekend and bank holidays



**CFF supports parents, carers and young people who are experiencing behaviour, relationship and mental health challenges.**

<https://www.cffcharity.org.uk/>  
Telephone number: 0116 223 4254  
Monday – Friday 9.00am -5.00pm (except Bank holidays)  
Email: [centre@cffcharity.org.uk](mailto:centre@cffcharity.org.uk)



**Website with practical tips to help look after mental health and wellbeing**

<https://www.nhs.uk/every-mind-matters/mental-health-issues/>



**Bereavement support**

[www.cruse.org.uk](http://www.cruse.org.uk)  
National Helpline: 0808 808 1677  
Monday: 9.30am-5pm  
Tuesday: 9.30am-8pm  
Wednesday: 9.30am-8pm  
Thursday: 9.30am-8pm  
Friday: 9.30am-5pm



**An award winning website with content produced by school nurses, health and wellbeing experts and young people. This website is for young people ages 11-19**

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)



**Specialist counselling for bereaved children or parents whose child has died**

[www.thelauracentre.org.uk](http://www.thelauracentre.org.uk)

Schools can signpost parents to this service. They also offer training for professionals.

Telephone number: 0116 254 4341



**Free well being courses for parents, at the Marlene Reid Centre**

[Wellbeing Sessions - MRC Community Action](#)



**Provide education, training and outreach projects for young people at risk, vulnerable adults and communities in Leicester and Leicestershire.**

<https://www.pedestrian.info/>

Office and workshop  
Open Monday – Friday 9am-5pm  
Office telephone number: 0116 251 6207  
Email: [info@pedestrian.info](mailto:info@pedestrian.info)

Workshop telephone number: 0116 429 9363  
Email: [info@pedestrrian.info](mailto:info@pedestrrian.info)



**Children and Young People's Hospice**

[www.rainbows.co.uk](http://www.rainbows.co.uk)