

Should you need urgent health advice please contact your GP or call NHS
111. In an emergency please visit A&E or call 999



[Home](#) > Self Help Resources & Mental Health Support

Self Help Resources & Mental Health Support

If a referral made through this website meets the qualifying criteria then the Children and Young People Mental Health Triage and Navigation service will then refer that to a secondary service for review. Some of these self help resources accept requests for help directly, which you can do yourself if you like.

Meanwhile, you and or your parent or carer may find some of the Leicestershire recommended services helpful. There are several, such as the Early Intervention Service, Heads Up Leicester and Tellmi, who can help with several conditions together. Look out for their names below so you understand what they can offer.

Anger

ChildLine

A private and confidential service for children and young people up to the age of nineteen. Contact a ChildLine counsellor for free about anything – no problem is too big or too small.

Tel: 0800 1111
www.childline.org.uk

Children and Family Wellbeing Service Triage Team

This team brings together a range of services to support children, young people and their families who need some additional help. Families can self-refer by contacting the number below or completing a self-referral form online.

Website: <https://leicestershirecc-self.achieveservice.com/service/Request-for-services-children-and-families>

Telephone: 0116 305 8727

FREEVA- Young Peoples Project

The Young Peoples Project (ages 10-18) provides an impartial, non-judgmental environment for you to talk about how you feel. We can talk you through harmful behaviours, healthy relationships, managing emotions, resolving conflict and more.

www.freeva.org.uk/the-young-person-project/

Telephone: 0116 254 0101

Headspace

A guide to health and happiness. It is a personal meditation guide available on a website, that teaches how to learn to meditate and live mindfully.

www.headspace.com

The Mix Counselling Service

Free confidential support for young people under 25 via online, social and mobile. Can help with issues from mental health to money, from homelessness to finding a job, from break-ups to drugs.

www.themix.org.uk

Tel: 0808 8084994

The Solihull Approach

A team of professionals within the NHS. They are a 'not for profit' organisation. The Solihull Approach is all about emotional health and well-being. They provide online courses and face to face groups for parents.

Website: www.inourplace.co.uk/

Telephone: 0121 296 4448 Mon-Fri 9am-5pm.

Anxiety and Depression

Mood Juice

Helps you think about emotional problems and work towards solving them.

www.moodjuice.scot.nhs.uk

ChildLine

A private and confidential service for children and young people up to the age of nineteen. Contact a ChildLine counsellor for free about anything – no problem is too big or too small.

Tel: 0800 1111

www.childline.org.uk

Getselfhelp.co.uk

Cognitive Behaviour Therapy (CBT) self-help and therapy resources, including worksheets, information sheets and self-help mp3s. CBT has been proven to help mental health problems such as anxiety, low mood, anger and low self-esteem.

www.getselfhelp.co.uk

Young Minds

Young Minds supports and keeps young minds empowered with whatever challenges they are facing. Offer different types of courses to look after your young minds. Information for parents, on how they could support their child during different situations.

Tel: 0808 802 5544

www.youngminds.org.uk

Heads Up Leicester

Heads Up Leicester is an locally commissioned service who supports parents/carers and young people over 8 with challenging behaviour, conflict and communication difficulties, and mental health (anxiety, worry, low mood and depression). Programmes vary throughout the year so call to discuss your situation.

Tel: 0116 223 4254

www.headsupleicester.org.uk

Tellmi

Tellmi is an NHS commissioned, digital mental health service offering a safe, moderated online space for anyone aged 11+ to talk about anything that's worrying them. The community is age-banded to facilitate age-appropriate discussions with an in-house counselling team on hand for anything more complex, or if someone needs more immediate support. Free access to Tellmi's text-based Therapy is also available via the app.

Anonymous digital peer support for Children and Young People

NHS Leicester, Leicestershire and Rutland Talking Therapies (formerly VitaMinds):

Commissioned by the NHS for people living in Leicester, Leicestershire and Rutland, a free and confidential talking therapy service to help get things back on track and aim to help improve the mental wellbeing of people suffering from: worry, low mood, depression, anxiety, OCD, traumatic event or a lack of motivation.

Self Refer via www.vitahealthgroup.co.uk/make-a-referral/self-referral/nhs-mental-health-self-referral
Or call on 0330 094 5595

WeHeartCBT

WeHeartCBT is a collection of resources aimed at helping children and young people who are struggling with symptoms of anxiety and/or low mood. Resources are based on a Cognitive Behavioural Therapy (CBT) approach and are for mental health professionals, schools and parents/families.

<http://www.weheartcbt.com>

Chat Health

Chat Health is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team.

Leicester City residents only text: 07520 615 386

Leicestershire & Rutland residents text: 07520 615 387

Response time: Within 24 hours, 9am to 5pm Mon to Fri (except bank holidays)

Accessed via www.healthforteens.co.uk/health/about-chathealth

Mind

Mind provides advice and support to empower anyone experiencing a mental health problem

Tel: 0300 123 3393 or text 86463 (Mon – Fri, 9am – 6pm except bank holidays)

Email: info@mind.org.uk
www.mind.org.uk

Safeline Young People (SLYP)

SLYP offers information, advice and support about anything happening in your life including bullying, self-esteem, mental

health, social media, relationships and drugs and alcohol.

Helpline: 01926 402498

Text: 07860 027 573

Information for Children & Young People – Safeline

The Mix counselling service

The Mix is the UK's leading support service for young people (under 25s) to help you take on any challenge you're facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social media, through our free, confidential Helpline: or our counselling service.

Tel: 0808 8084994 or Text for free 85258

www.themix.org.uk

Autism & ADHD

Autism East Midlands

Support and information for families and individuals with autism spectrum disorder as well as play, leisure and activities for children and young people.

Tel: 01909 506 678

enquiries@autismeastmidlands.org.uk

Autism Space

This is a place to find advice, information and support around all things relating to autism including education and employment, health and lifestyle, benefits and diagnosis, life beyond diagnosis and autism support groups. Visit the site using the link below.

Autism Space

More Autism space pages:

What is autism?

Autistic differences and difficulties

Autism and Neurodiversity

Waiting for an Assessment

Autism Assessments for Young People Aged 12-18

Autism Assessments for Children, Aged 2-12

Chat Autism

Chat Autism offers support for autistic people and their parents/ carers/ families or allies living in Leicester, Leicestershire and Rutland.

The service is available 9am to 5pm every weekday and is totally confidential.

Text 07312 277097 or **start a chat here**

Resources for Autism

Provide practical services for children and adults with a diagnosis of autism and for those who love and care for them. Services include: home support, play and youth groups, individual care packages, parent and sibling groups, behavioural support, music and art therapy and adult groups

07891 476837

<https://resourcesforautism.org.uk>

Leicestershire Autistic Society

The Leicestershire Autistic Society (formed over 20 years ago) provides support, information and advice to families and professionals dealing with Autism in Leicestershire, Leicester City and Rutland. You can find useful information on their Facebook page.

Helpline: 0116 291 6958

Leicestershire Autistic Society | Facebook

Behavioural Difficulties

Heads Up Leicester

Heads Up Leicester is a locally commissioned service who supports parents/carers and young people over 8 with challenging behaviour, conflict and communication difficulties, and mental health (anxiety, worry, low mood and depression). Programme's vary throughout the year so call to discuss your situation.

Tel: 0116 223 4254

www.headsupleicester.org.uk

Family Action

Transforms lives by providing practical, emotional and financial support to those experiencing difficulties.

Tel: 0808 802 6666

Email: familyline@family-action.org.uk

<https://www.family-action.org.uk>

The Bridge/talk2sort

Supports young people and their families to reduce the likelihood of homelessness by resolving conflict. Mediation can be a difficult process but it can improve home life and relationships.

Tel: 01509 260500 Freephone: 0800 038 5964 WhatsApp 07521 386794

www.thebridge-eastmidlands.org.uk/services/talk2sort

Bereavement

The Laura Centre

A professional bereavement service that believes in providing a safe, friendly and inclusive environment for all the family but also on an individual basis.

Advice point: 0116 254 4341

www.thelauracentre.org.uk

Winston's Wish

Provides emotional and practical bereavement support to children, young people and carers. Offer one-off and on-going bereavement support, online resources, specialist publications and training for professionals.

Helpline: 08088 020 021

Email: ask@winstonwish.org

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

Bipolar Affective Disorder

BipolarUK

Provides a range of services to help individuals affected by bipolar, including; peer support line, support groups, eCommunity, employment support and crisis support.

Email: info@bipolaruk.org

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

Body Dysmorphic Disorder (BDD)

Body Dysmorphic Foundation

Provide information, resources and online support groups to individuals affected by BDD, their families, friends, partners and carers.

<http://bddfoundation.org/>

Eating Disorder

First Steps ED

The Midlands eating disorder charity that provides individual and group therapy services, guided self-help groups for all ages, genders and backgrounds from 5 years plus, supporting children, young people and adults including parents/carers through face to face and online video clinics which can also be accessed in Leicester, Leicestershire and Rutland schools (with support from the school), and is commissioned locally.

Helpline: 0300 102 1685 (freephone)

Email: info@firststepsed.co.uk

<https://www.firststepsed.co.uk>

Beat Eating Disorders

The UK's eating disorder charity that provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders.

Helpline: 0808 801 0677

Youthline: 0808 801 0711

Studentline: 0808 801 0811

<https://www.beateatingdisorders.org.uk/>

Gender Identity

The LGBT Centre Leicester

Information on subjects that affect LGBT people's lives including signposting and referrals to other agencies.

Tel: 0116 254 7412

<https://leicesterlgbtcentre.org/>

Gendered Intelligence

Works with the trans community and those who impact on trans lives; particularly specialise in supporting young trans people under the age of 21.

<https://genderedintelligence.co.uk>

Hearing Voices

Inter Voice

Provides articles and resources relating to coping with, living with and recovering from distressing voices.

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

Mind

Advice and support to empower anyone experiencing a mental health problem.

Tel: 0300 123 3393 or text 86463 (Mon-Fri, 9am-6pm except bank holidays)

Email: info@mind.org.uk

www.mind.org.uk

Loneliness Support Services – Elefriends

MINDs online community for those over the age of 18 where you can be yourself and offers a safe place to listen, share and be heard.

<https://www.elefriends.org.uk/>

Samaritans

There around the clock, 24 hours a day, 365 days a year for support with whatever you are going through.

Tel: 116 123 (free from any phone)

www.samaritans.org/branches

Childline

A free, private and confidential service for anyone under the age of 19 in the UK with any big or small issue via telephone helpline, email support or 1-2-1 counsellor chat.

Tel: 0800 1111 (9am-Midnight)

www.childline.org.uk

Obsessive-compulsive disorder (OCD), Panic & Phobia

OCD UK

Offers online information for individuals living with OCD.

www.ocduk.org

OCD Youth

Run by young people with OCD for young people under 25 with OCD including an online forum

<http://ocdyouth.org>

Email Support: youthhelpline@ocdaction.org.uk

OCD Action

Advice and support around treatment for individuals affected by OCD via their helpline, website, email, online groups, forums, and local groups. www.ocdaction.org.uk Email: support@ocdaction.org.uk

No Panic

Provides information, advice and support for people living with Panic, Anxiety, Phobias and OCD.

www.nopanic.org.uk Helpline: 0844 967 4848 (10am-10pm every day).

School Avoidance

Not Fine In School

A support group of families, family and friends of children who experience difficulties attending school. It is a place where you will find information, action such as raising awareness and where research is reported. www.notfineinschool.co.uk

www.facebook.com/notfineinschoolpublicpage

Self Esteem

Safeline Young People (SLYP)

Information, advice and support for issues such as bullying, self-esteem, mental health, social media, relationships, drugs and alcohol.

Helpline: 01926 402 498

Text: 07860 027 573

Information for Children & Young People – Safeline

Getselfhelp

Offers Cognitive Behaviour Therapy (CBT) self-help and therapy resources, including worksheets and information sheets and self-help mp3s. CBT helps mental health problems such as anxiety, low mood, anger and low self-esteem.

www.Getselfhelp.co.uk

Health for Teens

Offers a choice of content and quizzes across all areas of your health, from sexual health to your feelings, growing up, lifestyle and more.

<https://www.healthforteens.co.uk/>

Self-harm & Suicidal Feelings

Harmless Service

Commissioned locally and provides support and information about self-harm to individuals who self-harm, their friends and families. Promotes health and recovery, reducing isolation and distress, and increasing awareness and skill in intervention.

www.harmless.org.uk

CalmHarm

An app to help distract a young person from self-harming. They call it "riding the wave." When the young person has an urge to self-harm or urges to self-harm they can go onto the app and choose to ride the wave. It allows you to select an activity type such as: comfort, distract, express, release or random. You can select which one you're feeling and set an amount of time that you're going to do the activity for. There is a long list of activities to choose from.

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

Childline

A free, private and confidential service for anyone under the age of 19 in the UK with any big or small issue. Offers a telephone helpline, email support or 1-2-1 counsellor chat.

Tel: 0800 1111 (9am-Midnight)

www.childline.org.uk

Mind

Mind provide advice and support to empower anyone experiencing a mental health problem.

Tel: 0300 123 3393 or text 86463 (Mon – Fri, 9am – 6pm except bank holidays)

Email: info@mind.org.uk

www.mind.org.uk

Blueice

An app that helps young people manage emotions and reduce urges to self-harm. It includes a mood diary, toolbox of techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

<https://www.oxfordhealth.nhs.uk/blueice/>

Shout

The UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. A place to go if you're struggling to cope and need immediate help

Text 'shout' to 85258

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

Papyrus

A prevention of young suicide hotline staffed by trained professionals to provide confidential support for young people having thoughts of suicide

'Hopeline UK' 0800 068 4141 (10am-10pm Mon-Fri, 2-10pm Sat/Sun, 2-5pm Bank Holidays)

SMS: 07786 209697

Email: pat@papyrus-uk.org

www.papyrus-uk.org

Samaritans

Support around the clock, 24 hours a day, 365 days a year for support with whatever you are going through.

Tel: 116 123 (free from any phone)

www.samaritans.org/branches

Sleeping Difficulties

The Children Sleep Charity

Supports parents by offering workshops, clinics and written material for children with sleeping issues. Children – The Sleep Charity

Headspace for kids

Learn to meditate and live mindfully with hundreds of themed sessions on everything from stress to sleep. Bite-sized meditations for busy schedules and SOS exercises in case of sudden meltdowns. Free trial then monthly or yearly subscription.

www.headspace.com

Dreamy Kid

Children showing signs of stress, technology-fatigue, and anxiety can be helped with only 10 minutes of meditation. "With DreamyKid, just play it as they fall asleep or awake".
£9.99/month or £69/year.

www.dreamykid.com

Substance Misuse

Turning Point Leicester Young People's Drug & Alcohol service

For anyone under 25 years, providing 1:1 support and will meet you where you want. Help you find new ways to cope and gain control and provide a support plan in things to help you in your life, not just with drug or alcohol use.

Accessed on – <http://wellbeing.turning-point.co.uk/leicestershire/our-services/young-people>
Tel: 0330 303 6000

<https://www.turning-point.co.uk/services/leicestershire>

Trauma, domestic violence and PTSD

Victim Support

Victim Support offer free and confidential support people affected by crime and traumatic events – regardless of who reported the crime to the police.

<https://www.victimsupport.org.uk/Supportline>
0808 16 89 111 (24/7 365 days a year)

You & Co

Victim Support's youth programme which helps young people cope with the impact and effects of crime including bullying, domestic abuse, online crime, sexual abuse, burglary and gang violence

<https://www.youandco.org.uk/>

Victim First

A team of experienced & professional caseworkers to support victims of crime in their journey of recovery

0800 953 9595

<https://victimfirst.org>

Living without Abuse

A domestic and sexual abuse charity based in Loughborough providing support to men, women and children affected by domestic abuse and/or sexual violence across Leicester, Leicestershire and Rutland.

<https://lwa.org.uk/contact-lwa/>

01509 550317 / 0808 8020028

Facebook / Twitter / Instagram: @lwacharity

WE:ARE (Women's Empowerment And Recovery Educators)

WE:ARE deliver a range of awareness and empowerment programmes for women and children affected by domestic abuse

Tel: 07868163103

<https://weareuk.org/>

UAVA (United Against Violence and Abuse)

Provides co-ordinated domestic, sexual violence and grooming services across Leicester, Leicestershire and Rutland for any male or female over 13yrs.

Hotline: 0808 80 200 28

Text only support – 07715 994 962

Email – mailinfo@uava.org.uk

www.uava.org.uk/

First Step

An organisation run for male survivors and their supporters of sexual abuse and rape living in Leicestershire.

Tel: 0116 254 8535

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

Respect Phonenumber

A confidential helpline, email and webchat service giving help for perpetrators of domestic abuse, their victims and friends and family.

Telephone support: 0808 8024040 (Mon-Thurs 10am-8pm, Fri 10am-5pm)

Webchat support www.respectphoneline.org.uk (Thurs 2-4pm).

Email support: info@respectphoneline.org.uk. (Mon-Fri 9am-8pm)

NSPCC

The leading children's charity in the UK, specialising in child protection and dedicated to protecting children today to prevent abuse tomorrow. The only UK children's charity with statutory powers, which means we can take action to safeguard children at risk of abuse

Helpline: 0808 800 5000

<https://www.nspcc.org.uk/>

The Mix Counselling Service

Free confidential support for young people under 25 via online, social and mobile. Can help with issues from mental health to money, from homelessness to finding a job, from break-ups to drugs.

www.themix.org.uk Tel: 0808 8084994

Family Action's Children & Families Services

Provides practical, emotional and financial support to those experiencing poverty, disadvantage and social isolation. Support adult family members via telephone, text, email and web chat

Mon-Fri 9am-9pm:

Hotline 0808 802 6666

Text 07537 404 282

email familyline@family-action.org.uk

www.family-action.org.uk

Leicestershire groups are:

Family Action Leicester Post Sexual Abuse Service. c/o The Brite Centre, Braunstone Avenue, Leicester LE3 1LE Tel: 0116 2168334

Family Action Leicester Pre-Trial Support Service, Fosse Neighbourhood Centre, Mantle Road, Leicester LE3 5HG Tel: 0116 2168334

Other Useful Links

The Early Intervention Service (EIS)

The Relationship Centre Leicestershire (formerly Relate Leicestershire), is commissioned by the Integrated Care Board (ICB) to provide an Early Intervention Service, providing emotional wellbeing and therapeutic support for children and young people between the age of 5-18 years old, and their parents/ carers, living in Leicester, Leicestershire and Rutland with low to moderate mental health needs.

This service offers a range of support, including counselling and groupwork for children, young people and parents/ carers dependent on need.

The Early Intervention Service

Teen Health Service – Leicestershire and Rutland

If you are aged between 11-19 (or up to 25 years for those with SEND) and live in Leicestershire or Rutland, the Teen Health Service can help with:

Support to improve mental health and emotional wellbeing, with a focus on self esteem, body image and building resilience.

Support for healthy relationships, building positive relationships, reducing violence in intimate relationships and promoting positive sexual health and wellbeing.

Support for children and young people to make healthier choices, with a focus on reducing substance misuse (particularly cannabis use) and alcohol consumption.

The Teen Health Service has a team of Health and Wellbeing Officers that work in the community and in secondary schools, working alongside pastoral and health and wellbeing leads.

Leicestershire – <https://www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19>

Rutland – <https://www.rutland.gov.uk/children-young-people-families/services-young-people/teen-health-service>

Two short courses

The following link will take you to a list of short courses, two of which have been specially designed for teenagers and made available for people living in Leicester, Leicestershire and Rutland: “5. Understanding your brain (for teenagers only!)” and “6. Understanding your feelings (for teenagers only!)”

Online Courses | Leicester, Leicestershire and Rutland – Solihull Approach | Parenting (solihullapproachparenting.com)

Health for Teens

Offers a choice of content and quizzes across all areas of your health, from sexual health to your feelings, growing up, lifestyle and more.

<https://www.healthforteens.co.uk/>

Health for Kids

A fun, engaging and interactive way for children to learn about health. Find games, top tips and advice on all aspects of children’s emotional and physical health.

<https://www.healthforkids.co.uk/>

Leicestershire Partnership NHS Trust Self Help Resources

Here you can find a range of support for your mental health and overall wellbeing. There's information for parents, carers and professionals on the support that's available for young people across Leicester, Leicestershire and Rutland.

<https://www.leicspart.nhs.uk/mental-health/resources/conditions/young-people/>

Hey, how are you feeling? ... Poster to download

Download a useful poster via this link that will quickly signpost a young person to the correct service.

<https://www.leicspart.nhs.uk/wp-content/uploads/2023/02/LLR-CYP-mental-health-design-poster-A3-FINAL.pdf>

Leicestershire County Council – Children and Family Wellbeing Service

Children and Family Wellbeing Service can provide early help services to a child, young person or family where they are experiencing difficulties that cannot be supported by universal services, such as schools or GPs alone.

Support can be given to those who experience domestic abuse or struggle with their mental health and wellbeing, or need extra help with SEND, parenting or supporting targeted young people, including those at risk of crime.

Call the Children and Family Wellbeing Service Triage Team on 0116 305 8727 for further details or visit the link for more information:

Children and Family Wellbeing Service | Leicestershire County Council

The Joy App

Joy is a helps you to find social activities, groups and support offers near you. For services specific to children and young people, enter the keyword 'children' into the search bar. There are also services to families and carers. You will need to set your location to your local area to find the ones near you.

Joy – The right support is just a few clicks away

© Copyright 2025 DHU
Healthcare

[Home](#)
[Self Help Resources & Mental
Health Support](#)
[About Us](#)
[Privacy Policy](#)

