

Support for parents and carers across Leicester

Discover some of the fantastic support services for parents and carers of secondary school aged young people offered by Leicestershire Partnership NHS Trust and other agencies across the local area



[The Leicestershire Partnership NHS Trust website offers a 'While you wait' space](#), providing advice and guidance for those waiting for assessments from services such as CAMHS and for conditions like ADHD.

leicspart.nhs.uk/while-you-wait/



AutismSpace

[Autism Space](#) is a local site providing support, advice and guidance on autism in helpful categories, including assessment and diagnosis, education, communication and relationships and more.

leicspart.nhs.uk/autism-space/



[The Leicester, Leicestershire and Rutland Integrated Care Board \(ICB\)](#) offer advice on how to look after your own health and wellbeing, as well as services that can support you.

<https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/>



TOGETHERNESS

Bringing the Solihull Approach to the world

[Togetherness](#) offers a range of accessible learning pathways to help everyone understand more about brain development, emotional wellbeing and parenting for healthier relationships and happier lives. Access code: CURVE togetherness.co.uk/



The Healthy Together Helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting. Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

Call: 0300 300 3001



Parents and carers can text a Healthy Together public health nurse (school nurse) with questions about any aspect of their child's physical and emotional health.

Text: 07520 615 381



[ChatAutism](#) is a local text messaging service for autistic people and their parents/carers/families and allies. It's staffed by qualified NHS health professionals so you can be confident in the advice they share with you.

Text: 07312 277 097

Providing a one-stop shop for support, advice and information, Family Hubs have been set up across Leicester, helping families navigate every stage of life.

[Family Hubs Leicester](#)
families.leicester.gov.uk



[Tellmi](#) is a safe, anonymous app where you can talk about feelings, seek support and receive counselling when necessary. It is available 365 days a year.

tellmi.help/what-is-tellmi



[Joy](#) helps you to find activities, groups and support services local to you. From walking groups to debt advice, you're in control.
ljoy.com