

# Support for parents and carers across Leicestershire and Rutland

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



Leicestershire Partnership  
NHS Trust

[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/](https://leicspart.nhs.uk/while-you-wait/)



**NHS**  
Leicester, Leicestershire  
and Rutland

[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/>



**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/](https://leicspart.nhs.uk/autism-space/)



**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/](https://togetherness.co.uk/)



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

**Text: 07312 277 097**



[Teen Health](#) provide health and emotional wellbeing support to secondary school age young people and families across Leicestershire and Rutland.  
[teenhealth.org.uk/](http://teenhealth.org.uk/)



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

[Family Hubs Leicestershire](#)  
[familyhubsleicestershire.org.uk/](http://familyhubsleicestershire.org.uk/)



[Family Hubs Rutland](#)  
[rutland.gov.uk/rutland-information-service/rutland-family-hub](http://rutland.gov.uk/rutland-information-service/rutland-family-hub)



[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](http://tellmi.help/what-is-tellmi)



*joy*

[Joy](#) helps you to find activities, groups and support services local to you. From walking groups to debt advice, you're in control.  
[l1rjoy.com](http://l1rjoy.com)

