



Leicestershire Partnership
NHS Trust

Mental Health Resources for young people, their families and caregivers



For young people

There are a range of websites that provide information, advice, links and even counselling to support you with your mental health. Some of these include:



[Health for Teens](#) is an online service provided by the NHS that covers large areas of health and wellbeing and an [area of the website specifically for CAMHS Leicester](#).



[Tellmi](#) allows an online safe and anonymous space for young people to discuss their feelings, seek support and receive counselling when necessary.



[Young Minds](#) is a mental health charity for younger people. Their website has an online crisis messenger. You can also text YM to 85258.



[NSPCC](#) specialises in child protection and is dedicated to protecting children to prevent abuse.



Leicestershire Partnership NHS Trust has partnered with the [Solihull Approach](#) to offer free access to expertly designed online courses for parents, carers, grandparents and teens living in the region.



Feeling worried or low? Need to talk? Text [SHOUT](#) to 85258 for free and confidential support, 24/7. Texting the word 'SHOUT' to 85258 is anonymous and will not show up on your phone bill.



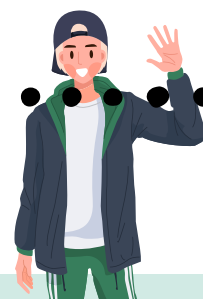
If your issues are directly related to autism, you can ask advice from [Chat Autism](#) by texting 07312 277097. This is free.



[Childline](#) is a counselling service. Their website provides free online support. They also have a free phone support service on 0808 808 4994.



You can visit www.myselfreferral-llr.nhs.uk/self-help-resources/ for more helpful resources.



For families, parents and/or carers

There are a range of websites that provide information, advice, links and even counselling to support you supporting yourself and your young person. Some of these include:



Leicestershire Partnership NHS Trust has partnered with the [Solihull Approach](#) to offer free access to expertly designed online courses for parents, carers, grandparents and teens living in the region.



[Place2Be](#) is a children and young people's mental health charity. Their website [has a whole dedicated area](#) for mental health support for parents and carers



[Mind](#) is a mental health charity that helps support, change and connect minds. They have created a [dedicated page for parenting and mental health](#).



Within the ['Health for Kids'](#) website is a dedicated area for ['Grownups'](#). Some of the content has been created by specialist clinicians at CAMHS.



[Childnet](#) focusses on making the internet a great and safe place for children and young people. Their website has a ['Parents and Carers' toolkit](#).



[The Mental Health Foundation](#) have created a ['Make It Count' guide](#) for parents and carers.



The [Leicestershire Partnership Trust website](#) hosts lots of information including a dedicated area for [CAMHS](#) and [mental health support](#).



[Anna Freud](#) is a world-leading mental health charity for children and families. They have produced [a tip sheet for parents and carers](#) sharing advice on talking about mental health with children.



[Young minds](#) is a mental health charity for younger people. They have a [dedicated area to support parents](#) while you're supporting your children.



Urgent support for young people, families, parents and/or carers

If you have a more urgent mental health concern and you are in crisis, there is support ready to provide you with the appropriate care. If you are currently receiving mental health support, you can still use the following services. **Where there is an immediate, serious and life-threatening emergency, call 999 or attend A and E.**



If you need urgent mental health support, you can call [NHS 111](https://111.nhs.uk/) and press option 2 or visit <https://111.nhs.uk/> and follow the on screen instructions. This service is totally free and confidential. Families can call NHS 111 and choose Option 2, 24 hours a day, seven days a week and speak to a qualified call-handler if they require advice around urgent mental health concerns for children and young people. Please note however that the NHS 111 line is not an emergency service.



If you are having thoughts about suicide or are concerned for a young person who might be, you can contact [HOPELINEUK](https://www.hopelineuk.org/) for confidential support and practical advice. Call: 0800 068 4141
Text: 0778 620 9697



[The mix has a crisis messenger text service](https://www.themix.org.uk/), which provides free, 24/7 crisis support across the UK. If you're aged 25 or under, and are experiencing any painful emotion or are in crisis, you can text THEMIX to 85258.



If you need someone to talk to, you can call the [Samaritans](https://www.samaritans.org/) on 116 123 for free, many time, day or night. You can also speak to them online via a chat.



[The Anna Freud Crisis Messenger text service](https://www.annafreud.org.uk/) is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. If you need support, you can text AFC to 85258.



[Click here](#) or scan the QR code for more information about when to go to A&E.