

<b>Young People and Families Mediation Service (ages 11-19) County Only</b>	<b>Talk2Sort - The Bridge</b> <a href="http://www.thebridge-eastmidlands.org.uk/talk2sort">http://www.thebridge-eastmidlands.org.uk/talk2sort</a>
<b>Counselling for Young People:</b> On-line Counselling available free of charge to young people in LeicesterShire via <a href="http://www.kooth.com">www.kooth.com</a>	Secondary Schools often provide their own Counselling Services. Otherwise private services are available via websites.
<b>Young Carers Service:</b> for Children and Young People caring for parents with a physical or mental health problem. <a href="http://www.barnardos.org.uk/carefree">http://www.barnardos.org.uk/carefree</a>	<b>Barnardos Care Free</b> Tel: 0116 286 7182 Fax: 0116 2752481 West Point, Feldspar Close Enderby, Leicester LE19 4SD
<b>Youth Work:</b> <b>The Yes Project</b> – aims to transform the future of young people <b>Engage</b> – helps young people to re-engage in education or find work <b>Love4Life</b> – working with 11-19 year old females to build confidence & make positive choices in their relationships, health & education	<b>TwentyTwenty</b> <a href="http://www.twentytwenty.org.uk">www.twentytwenty.org.uk</a> Tel: 0300 111 2020 <b>Also See:</b> <a href="https://youngleicestershire.org.uk/youth-clubs-in-leicestershire/">https://youngleicestershire.org.uk/youth-clubs-in-leicestershire/</a>
<b>Sexual abuse:</b> Post sexual abuse intervention for children. Also, input provided for carers of these children. Tel: 0116 2168334	<b>Family Action</b> Fosse Neighbourhood Centre Mantle Road Leicester LE3 5HG
<b>School attendance problems:</b> Contact via child's school	<b>Education Welfare Service</b>
<b>Emotional/ Behaviour problems in school:</b> <i>(Including School Anxiety)</i> Contact via child's school	<b>Behaviour Support Team</b> <b>Educational Psychology Service</b>
<b>Bereavement issues:</b> For any child affected by bereavement <a href="http://thelauracentre.org.uk/">http://thelauracentre.org.uk/</a>	<b>The Laura Centre</b> 4 Tower Street, Leicester LE1 6WS Tel: 0116 254 4341
<b>Protecting Children from becoming involved in anti-social behaviour:</b> <a href="https://leics.police.uk/advice-and-information/kids-and-teens">https://leics.police.uk/advice-and-information/kids-and-teens</a>	<b>Youth Support Services</b> County Youth Offending Service-0116 305 0030 City – Use Early Help via <a href="https://www.leicester.gov.uk/schools-and-learning/support-for-children-and-young-people/youth-services/targeted-youth-support/">https://www.leicester.gov.uk/schools-and-learning/support-for-children-and-young-people/youth-services/targeted-youth-support/</a>
<b>Support to Families affected by ADHD</b> Support groups and training	<b>ADHD Solutions</b> Tel: 0116 2610711 <a href="http://www.adhdsolutions.org.uk">www.adhdsolutions.org.uk</a>
<b>People coping with the effects of crime</b> <a href="http://www.catch-22.org.uk/services/victim-first">www.catch-22.org.uk/services/victim-first</a>	<b>Victim Support</b> Victim First – 0800 953 9595

<b>Advocacy</b> for Parents and Carers of children with Special Educational Needs	<b>SENDIASS/ Parent Partnership City</b> – Tel : 0116 257 5027 <b>County</b> -Tel : 0116 3055614
<b>Combating Fire Setting-</b> Preventative work with children involved in fire setting <a href="http://www.leicestershire-fire.gov.uk/your-safety/kids-youth/firecare/">http://www.leicestershire-fire.gov.uk/your-safety/kids-youth/firecare/</a>	<b>Fire Care</b> Leicestershire Fire Service – early intervention for children setting fires. Tel: 0116 287 2241
<b>Drug and Alcohol Advice</b> and Support for Young People (18 years and younger)	<b>Turning Point</b> Tel: 0330 303 6000 <a href="http://www.wellbeing.turning-point.co.uk/leicestershire">www.wellbeing.turning-point.co.uk/leicestershire</a>
<b>Support for Parents/Carers</b> through short courses/groups: <a href="http://www.funandfamilies.co.uk">www.funandfamilies.co.uk</a>	<b>The Centre for Fun and Families</b> 177/179 Narborough Road Leicester LE3 0PE Tel: 0116 2234254
<b>Information on Services, Activities and Support for Disabled Children</b> (Leicester City, county and Rutland)	<b>Local Offer- Leicestershire</b> <a href="https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/about-the-local-offer">https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/about-the-local-offer</a> <b>Local Offer- Leicester City</b> <a href="https://mychoice.leicester.gov.uk/Categories/362">https://mychoice.leicester.gov.uk/Categories/362</a>
<b>Support for families with Children on the Autistic Spectrum</b>	See <a href="http://www.leicestershireautism.org.uk">www.leicestershireautism.org.uk</a> Or call the Leicestershire Autistic Society on 0116 2916958

There are also a number of telephone help lines / Websites which can be useful for parents, professionals, children and young people.

<b>Gingerbread:</b> Tel: 0800 018 4318	Advice / support for single parents.
<b>Young Minds Parents Information Service:</b> <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a> Tel: 0800 018 2138	National Service offering professional advice to parents on concerns relating to their children's mental health.
<b>Parentline</b> Tel: 0808 800 2222 <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>	Advice on parenting. Specialises in divorce and separation issues.
<b>Connexions (Leicester City) Prospects (Leicestershire)</b> <a href="http://www.connexions-leics.org">www.connexions-leics.org</a>	Information and careers advice for young people. See Phone directory or website for telephone numbers. Most advice begins in Schools and Colleges
<b>Website information for children</b> Covers a range of issues including mental health	<b>Leicestershire Partnership NHS Trust</b> <a href="http://www.healthforteens.co.uk">www.healthforteens.co.uk</a> (11-18 years) <a href="http://www.healthforkids.co.uk">www.healthforkids.co.uk</a> (5 – 11 years)

## HELPLINES CONT:

<b>Childline</b> Tel: 0800 1111	Free help line for Children or Young People in trouble or danger
<b>National Bullying Helpline</b> 0845 2255787 / 07734 701221	Advice and Support for Parents and Children See also <a href="http://www.bullying.co.uk">www.bullying.co.uk</a>
<b>NSPCC</b> Tel: 0808 800 5000	Free 24 hour service for anyone concerned about a child at risk of ill treatment or abuse.
<b>Lesbian, Gay and Bisexual Centre</b> 0116 254 7412	Advice, Support and a Youth Club facility. <a href="http://www.leicesterlgbtcentre.org/">http://www.leicesterlgbtcentre.org/</a>

In some situations where parents present with concerns about children's behaviour, the most useful first intervention is to ensure parent's own needs are met. Useful sources of support include:

<b>Domestic Violence Helpline:</b> Tel: 0300 123 0918 <a href="mailto:enquiries@safedvs.co.uk">enquiries@safedvs.co.uk</a>	Advice/ Support available to people affected by abusive or intimidating relationship.
<b>UAVA</b> (Domestic & Sexual Violence) Tel: 0808 80 200 28	Support and advice to anyone affected by an abusive relationship. <a href="http://www.uava.org.uk/">www.uava.org.uk/</a>
<b>Free from Violence and Abuse</b> <a href="http://www.freeva.org.uk">www.freeva.org.uk</a> Sexual Abuse helpline <b>0300 333 6533</b> <a href="http://www.respect.uk.net">www.respect.uk.net</a> 0808 802 4040	Work with perpetrators of abuse to help them address their behaviour. Also Support to Victims and training to professionals
<b>Alcohol Advice</b> Tel: 0116 222 9545 <b>Drug Advice</b> Tel: 0116 222 9555	<b>Leicestershire Community Projects Trust</b> Self referral system.
<b>Leicester Counselling Centre</b> Tel: 0116 255 8801	Offers individual counselling (aged 16 years and above)..
<b>Home-Start Horizons</b> (City, Charnwood & Melton/Rutland) Tel: 0116 249 5062	Bases in all areas. See telephone directory for contact numbers
<b>Relate Leicestershire</b> 83 Aylestone Road, Leicester LE2 7LL Tel: 0116 254 3011	Relationship Counselling for Couples. Also some Children and Families Counselling.
<b>Coping with Cancer</b> Tel: 0116 2230055	Support, including parent support, for people with cancer
<b>Let's Talk Wellbeing</b> - Psychological support and advice (Accessed via G. P or self-referral.)	Quick access to Mental Health Support for adults. 16+ years <a href="https://www.nottinghamshirehealthcare.nhs.uk">https://www.nottinghamshirehealthcare.nhs.uk</a>

Produced by the **Primary Mental Health Service (CAMHS)**, Valentine Centre, Gorse Hill Hospital Site, Anstey Lane, Leicester. LE7 7GX TEL: 0116 295 5050

# Services designed to support Children and Families with Emotional & Behavioural Difficulties

## Summary of Services to assist Parents & Carers

**Nov 2019**

PRESENTATION	SUGGESTED SOURCE OF HELP
<p><b>Advice to Parents/Carers regarding management of children</b></p> <p>Behaviour problems, e.g. sleep, tantrums, (for children under 5 years old).</p> <p>Emotional and behavioural difficulties (including bedwetting) in school-aged children.</p>	<p><b>Health Visitors</b> (contact local surgery) Text: 07520 615381 (City) 07520 615382 (County)</p> <p><b>School Nursing Service</b> (contact via children's school) Text : 07520615386 (City) 07520615387 (County)</p>
<p><b>Advice, Information and Support to Parents/Carers regarding Behavioural and Emotional Difficulties at home.</b></p> <p><b>Children's Centres &amp; Family Support Services</b> <a href="https://mychoice.leicester.gov.uk/">https://mychoice.leicester.gov.uk/</a> <b>Family Information Directory</b> <a href="http://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/family-information-directory">www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/family-information-directory</a></p> <p>Links with all relevant agencies</p>	<p><b>Leicester City Children's Centres</b> <b>Early Help</b> at Children Centres. Go to <a href="https://www.leicester.gov.uk/schools-and-learning/support-for-children-and-young-people/early-help/referral-for-early-help-support/">https://www.leicester.gov.uk/schools-and-learning/support-for-children-and-young-people/early-help/referral-for-early-help-support/</a> or ring . 0116 4541004</p> <p><b>Leicestershire County Council</b> <b>Early Help Services</b> A range of services are available for all age groups. Ring 0116 3050005 or go to <a href="https://resources.leicestershire.gov.uk/education-and-children/child-protection-and-safeguarding/early-help-to-find-out-more">https://resources.leicestershire.gov.uk/education-and-children/child-protection-and-safeguarding/early-help-to-find-out-more</a>.</p> <p><b>Rutland Early Help Services</b> Ring 01572 758407</p>
<p><b>Support and Advice to Parents with children with complex care needs</b></p>	<p><b>Parent Carer Forum</b> (County) Tel: 07840 154114 <a href="http://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/find-a-social-care-health-and-other-support-services-provider/leicestershire%2%A0parent%2%A0carer-forum">www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/find-a-social-care-health-and-other-support-services-provider/leicestershire%2%A0parent%2%A0carer-forum</a></p>