

# Directory of Services for Children in Leicester, Leicestershire and Rutland

(Updated July 2023)

Please note that this list of services, groups and agencies in Leicestershire is not intended as an endorsement but as a guide to what is available irrespective of affiliation. Referrals can be made to all services listed however some may incur charges.

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## Disabilities and Special Educational Needs (SEN)

Age / Criteria	Service	Telephone	Email	Web
5+	Mosaic	0116 2318720	enquiries@mosaic1898.co.uk	<a href="#">Mosaic - Leicester Disability Charity - Home</a>
16-65	Sense Loughborough	01509 611077	Via website - enquiries	<a href="#">Sense - Home</a>
7+	Glebe House – Learning Disabilities and Autism	01509 218096	enquiries@glebehouseproject.org.uk	<a href="#">Glebe House   Home (glebe-house.org.uk)</a>
Families	Family Action Family Action Post Sexual Abuse Service	0116 2574979 0116 2168334	leicester@family-action.org.uk	<a href="#">Family Action, Building stronger families (family-action.org.uk)</a>
Families	Menphys	01455 323020	Info@menphys.org.uk	<a href="#">menphys.org.uk</a>
Parents	SENDIASS Leicestershire (parent partnership) Leicester City	0116 3055614 0116 4820870	<a href="#">info@sendiassleicestershire.org.uk</a> info@sendiassleicester.org.uk	<a href="#">(sendiassleicestershire.org.uk)</a> <a href="#">Sendiassleicester.org.uk</a>
Leicestershire	Parent Carer Forum Leicester city parent carer forum	07723801676	admin@leicestershiresendhub.org.uk info@lcpcf.net	
All	Action Deafness	0116 2533200	enquiries@actiondeafness.org.uk	<a href="#">Action Deafness</a>
All	ADHD solutions	0116 2610711	info@adhd solutions.org	<a href="#">www.adhdsolutions.org</a>
All	Leicester Centre for Integrated Living	0116 2225005	admin@lcil.org.uk	<a href="#">www.lcil.org.uk</a>
All	Leicestershire Downs Syndrome Group	07899711883	leicester Downs@gmail.com	<a href="#">www.theleicestershire-downs-syndrome-group.webnode.co.uk</a>
All	National Autistic Society Leicestershire Branch	0116 2630992 02078332299	nas@nas.org.uk	<a href="#">National Autistic Society (autism.org.uk)</a>

All	Leicestershire Autistic Society	0116 2916958	Leicestershireautisticsociety@gmail.com	<a href="#">Leicestershire Autistic Society – Leicestershire Autistic Society</a>
All	Leicester Mencap Society Helpline	0116 2547706 020 7454 0454		<a href="#">Learning Disability - Down's Syndrome - Williams syndrome   Mencap</a>
All	Vista	0116 2498839	info@vistablind.org.uk	<a href="#">Leicester, Leicestershire and Rutland's leading charity for people with sight loss.   Vista (vistablind.org.uk)</a>
All	SEN Transport	0116 2323232	transportassessments@leics.gov.uk	
All	SEN Advice Line	0116 3056600	senaservice@leics.gov.uk	
All	Young Leicestershire	0116 2750489	office@youngeicestershire.org.uk	<a href="#">www.youngeicestershire.org.uk</a>
All- parents needing advice and support	IPSEA	03002225899		<a href="#">www.ipsea.org.uk</a>

## Teenage pregnancy

Age / Criteria	Service	Telephone	Email	Web
	Family Lives	0808 800 222	askus@familylives.org.uk	<a href="#">www.familylives.org.uk</a>
	Teenage helpline		support@teenagehelpline.org.uk	<a href="#">www.teenagehelpline.org.uk</a>

## Mental Health and Self-Harm

Age / Criteria	Service	Telephone	Email	Web
Adults	Richmond Fellowship (Leicestershire Life Links)	0800 0234575	Leicestershire.lifelinks@richmondfellows.org.uk	<a href="#">www.richmondfellowship.org.uk</a>
All	Samaritans	116 123	jo@samaritans.org	<a href="#">www.samaritans.org</a>
Adults	Reablement - Adult Social Care	Referrals 0116 3054978		<a href="#">www.nhs.uk.</a>
All	Community Mental Health Teams West Leicestershire MIND Harborough MIND	0116 2256000 01455890168 01858433232	Contact Leicestershire Partner NHS trust	<a href="#">www.leicspart.nhs.uk</a>
	CAMHS	County Team 0116 2952992 Urgent free help line 08088003302	N/A	<a href="#">Home - Leicestershire Partnership NHS Trust (leicspart.nhs.uk)</a>
	CAMHS Leicester	01162952900		
14 - 64	PIER Team (Psychosis Intervention)	0116 2943167	N/A	<a href="#">Home - Leicestershire Partnership NHS Trust (leicspart.nhs.uk)</a>

	and Early recovery)			
Leicestershire	Leicestershire Action for Mental Health (LAMP)	0116 2556282	advocacy@lampdirect.org.uk	<a href="http://www.lampadvocacy.co.uk">www.lampadvocacy.co.uk</a>
Leicestershire	Rethink	08007314880	Via website	<a href="http://www.rethink.org">www.rethink.org</a>
Leicestershire Up to 25 and parents	Young Minds Parent helpline	08088025544	Via website	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
All	Childline	Freephone 0800 1111 (24 hours)		<a href="http://www.childline.org.uk">www.childline.org.uk</a>
All	Beat – eating disorders	08088010677 adult 0808 801 0711 youth	help@beateatingdisorders.org.uk	<a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>
All	Talk-ED (formerly ABC)			<a href="http://www.talk-ed.org.uk">www.talk-ed.org.uk</a>
National Over18	Mind	0300 1233393 Text 86463 0208 2152243	<a href="mailto:supporterrelations@mind.org.uk">supporterrelations@mind.org.uk</a>	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
Up to 35	HOPELINE247	08000684141 Text 07860039967	pat@papyrus-uk.org	
All	Harmless	0115 8800280	info@harmless.org.uk	<a href="http://www.harmless.org.uk">www.harmless.org.uk</a>
All	Charlie Waller Memorial Trust Training and resources no direct mental health support	01635 869754	Via website	
Teenagers	NHS Health for teens		healthforteens.co.uk	<a href="http://www.healthforteens.co.uk">www.healthforteens.co.uk</a>
Teenagers	Teen Health	0116 3058727	teenhealth@leics.gov.uk	
All	SANE	03003047000	info@sane.org.uk	<a href="http://www.sane.org.uk">www.sane.org.uk</a>
All	Shout	Text 85258		
11-25	Kooth – safe and anonymous on line support for young people	0203 3989048	contact@kooth.com	<a href="http://www.kooth.com">www.kooth.com</a>
All	Survivors of Bereavement by Suicide (SoBS)	0115 9441117		<a href="http://www.uksobs.org">www.uksobs.org</a>
All	Turning point Drug/alcohol misuse support mental health support	0330 3036000		<a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a>

## Debt and Housing

<b>Age / Criteria</b>	<b>Service</b>	<b>Telephone</b>	<b>Email</b>	<b>Web</b>
Adults And 16/17	The Bridge– Housing Advice Services	01509 260500 0800 0385964	Via website	<a href="http://thebridge-eastmidlands.org.uk">Housing Support and Advice in Loughbrough and Leicester   The Bridge (East Midlands) (thebridge-eastmidlands.org.uk)</a>
Charnwood	Charnwood Borough Council– Housing Needs	01509 634567	housing@charnwood.gov.uk	<a href="http://charnwood.gov.uk">Charnwood Borough Council</a>
18-25	William Lyon Court	01509 274630	williamlyoncourt@ncha.org.uk	
Charnwood +NWL	Exaireo	01509 266422	info@exaireo.org	<a href="http://exaireo.org">exaireo.org</a>
Leicestershire	Shelter Housing Aid and Research Project (SHARP)	0116 2546064	info@leicestershelter.org.uk	<a href="http://www.leicestershelter.org.uk">www.leicestershelter.org.uk</a>
Leicestershire	Advance Housing and Support for people with a disability/learn ing difficulties	0333 012 4307	customerservice@advance.org	<a href="http://www.advanceuk.org">www.advanceuk.org</a>
Leicestershire	PA Housing Group	0300 123 2221	enquiries@pahousing.co.uk	<a href="http://pahousing.co.uk">pahousing.co.uk</a>
All	Citizen’s Advice	08001448848		<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
Leicestershire	Veronica House	03001236000	customerservices@emha.org	
Leicestershire	Furniture Reuse Leicestershire	0330 3550707	donate@leicestershire-reuse- network.co.uk	<a href="http://www.leicestershire-reuse-network.co.uk">www.leicestershire-reuse- network.co.uk</a>
Leicestershire	Household Support		Household-support- fund@leicestershire.gov.uk	
Leicester City	Household support	0116 454 1019	Household-support- fund@leicester.gov.uk	
Leicestershire	Homestart	0116 464 5490	info@home-start.org.uk	<a href="http://info@homestart.org.uk">info@homestart.org.uk</a>
Leicestershire	Action Homeless	0116 2211851	info@actionhomeless.org.uk	<a href="http://www.actionhomeless.org.uk">www.actionhomeless.org.uk</a>
LLR supporting vulnerable families	Leicester charity link Third party professional would refer via website	0116 2222200	info@charity-link.org	<a href="http://www.charity-link.org">www.charity-link.org</a>
Leicestershire	Community Advice and Law Centre (CALS)	0116 2421120	enquiries@advice-cals.org.uk	<a href="http://www.cals.uk.net">www.cals.uk.net</a>
Melton	EMHA – Myst Lodge	0166 4481411 01530 278195	john.thompson@emha.org	
Melton	EMHA– Westbourne House	01530 278195	john.thompson@emha.org	

## Family bereavement

Age / Criteria	Service	Telephone	Email	Web
All	Child Bereavement UK	0800 0288840	helpline@childbereavementuk.org	<a href="#">Child Bereavement UK</a>
All	The Laura Centre	0116 2544341	info@thelauracentre.org.uk	<a href="http://www.thelauracentre.org.uk">www.thelauracentre.org.uk</a>
3-25	Winston's Wish	Freephone Helpline 08088 020021	ask@winstonswish.org	<a href="http://www.winstonswish.org">www.winstonswish.org</a>
All	Cruse Bereavement Care	0808 8081677	See website	<a href="http://www.cruse.org.uk">www.cruse.org.uk</a>

## Domestic and Sexual Abuse

Age / Criteria	Service	Telephone	Email	Web
0-11	Women's Aid Leicestershire	DV Helpline 08088020028 0116 2832225 0808 2000247 (24 hours)	admin@wallaction.org.uk	<a href="http://www.wa-leicester.org">www.wa-leicester.org</a>
11-19	Living without abuse	01509 550317 Helpline 0808 8020028		<a href="#">LWA   lwa.org.uk   Domestic abuse and sexual violence charity : LWA</a>
Children who have experienced SA and it has been reported to the police	FreeVA	0116 2550004 08088020028	info@freeva.org.uk	<a href="http://www.freeva.org.uk">www.freeva.org.uk</a>
Men/women 18+	Juniper Lodge Sexual Assault Referral Centre	0116 2733330	Juniper.lodge@leicestershire.pnn.police.uk	<a href="http://www.juniperlodge.org.uk">www.juniperlodge.org.uk</a>
All	StopItNow!	Helpline 0808 1000 900	help@stopitnow.org.uk	<a href="http://www.stopitnow.org.uk">www.stopitnow.org.uk</a>
16+ LLR	Sexual Violence Helpline	0300 3336533		
All	Blaby District Outreach Service	0116 2727637	domestic.abuse@blaby.gov.uk	
Men 13+ LLR	First Step	0116 2548535 Text 07581568144	contact@firststepleicester.org.uk	
Women/girls 14+ LLR	Jasmine House Leicester Rape Crisis	0116 2555962	admin@jasminehouse.org.uk	<a href="http://www.jasminehouse.org.uk">www.jasminehouse.org.uk</a>
Women 16+ LLR	Quetzal Free counselling for women who have experienced CSA	0333 101 4280	help@quetzal.org.uk	<a href="http://www.quetzal.org.uk">www.quetzal.org.uk</a>
5-16	Family Action Post Sexual Abuse	0116 2168334	leicester@family-action.org.uk	<a href="#">Family Action, Building stronger families (family-action.org.uk)</a>

LLR The Jenkins 0116 2540101 info@jenkinscentre.org  
 Victims and Centre part of  
 perpetrators Freeva

[www.thejenkinscentre.org](http://www.thejenkinscentre.org)

## Offending and anti-social behaviour

Age / Criteria	Service	Telephone	Email	Web
All	Leicestershire Fire and Rescue Service	0116 2105555	info@lfrs.org	<a href="http://Safety(leics-fire.gov.uk)">Safety (leics-fire.gov.uk)</a>
10 - 18	Youth Justice Liaison and Diversion team	0116 3050030	youthoffendingservice@leics.gov.uk	
All	Victim First	0800 9539595	support@victimfirst.org	<a href="http://www.victimfirst.org">www.victimfirst.org</a>
All	Crimestoppers Reporting crime/anti social behaviour	0800 555 111		
All	Family Lives Parenting support	0808 8002222	askus@familylives.org.uk	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>

## Behaviour Issues

Age / Criteria	Service	Telephone	Email	Web
All	Family Lives Parenting support	0808 8002222	askus@familylives.org.uk	<a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
5-16	Beyond Bullying	0116 3057570	sue.bosley@leics.gov.uk	<a href="#">Beyond Bullying – Welcome to the Beyond Bullying website</a>
5-16	Educational Psychology	0116 3055100 Wednesday 9 -11.30	psychology@leics.gov.uk	
11-16	Fun and families – supports parents, carers and young people	0116 2234254	centre@funandfamilies.org.uk	<a href="http://www.cffccharity.org.uk">www.cffccharity.org.uk</a>
All	Worth it Projects	03003233230	info@worthitprojects.co.uk	<a href="#">Positive Mental Health &amp; Wellbeing Support for Schools &amp; Settings (worthit.org.uk)</a>
11-18 girls LLR	Love4Life works to boost girls' self-esteem and confidence		Love4life@love4life.charity.org	<a href="http://www.love4life.org.uk">www.love4life.org.uk</a>
All	Kidscape Parent Advice Line Also gives advice to young people	07496682785	info@kidscape.org.uk	<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a>

## Counselling and mediation

Age / Criteria	Service	Telephone	Email	Web
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0-19	Children's Support Service	0116 2727734	community.safety@blaby.gov.uk	<a href="#">Home – Blaby District Council</a>
8-18 Adults	1 to 1 support 8+ group Work Relate Early Intervention	0116 2543011	reception@rllr.org.uk	<a href="#">Relate Leicestershire Counselling Couples, counselling individuals, relationship counselling, young people's counselling, family counselling, sex therapy and training courses</a>
10-19 girls	Love4life Supporting girls to improve self-esteem and confidence		Love4Life@love4life.charity.org	<a href="http://www.love4life.org.uk">www.love4life.org.uk</a>
11-19	Talk2sort Mediation service to try to prevent young people becoming homeless	01509 260500 0800038564	Via website	<a href="https://www.thebridge-eastmidlands.org.uk/">https://www.thebridge-eastmidlands.org.uk/</a> <a href="http://www.thebridge-eastmidland.org.uk">www.thebridge-eastmidland.org.uk</a>
13+	The Centre (LGBT)	0116 2547412 08000234575	www.leicesterbrlghtcentre.org	<a href="http://www.leicesterlgbtcentre.org">www.leicesterlgbtcentre.org</a>
Adults and young people	Cruse Bereavement Centre (Young People)	0116 2884119 Free helpline 0808 8081677	Adults -leicester@cruse.org.uk Young people -hopeagain@cruse.org.uk	<a href="http://www.cruse.org.uk">www.cruse.org.uk</a>
Adults	The Leicester Counselling Centre	0116 2558801	admin@leicscounselling.co.uk	<a href="#">The Leicester Counselling Centre</a>
Adults	The Haven	01530 560921 the haven	counselling@btconnect.com	<a href="http://www.thehavenashby.org.uk">www.thehavenashby.org.uk</a>
Families LLR	New Dawn Family support	0116 2877335	newdawnfamilyss@btinternet.com	<a href="#">New Dawn Family Counselling and Support Service in Loughborough</a>
	NACCC (National Association of Child Contact Centres)	08454500280 0115 9484557	contact@nacc.org.uk	
Families	The Laura Centre	0116 2544341	info@thelauracentre.org.uk	<a href="#">Home - The Laura Centre</a>

## Drug and alcohol misuse/gambling

Age / Criteria	Service	Telephone	Email	Web
Leicester / Leicestershire	Turning Point	0330 3036000	LLreferrals@turningpoint.co.uk	<a href="#">Wellbeing Cloud   Turning Point (turning-point.co.uk)</a>
All	Drinkline	0300 1231110		
All	Talk to Frank	0300 1236600		<a href="http://www.talktofrank.com">www.talktofrank.com</a>
Adults	Alcohol Concern	0203 9078480	contact@alcoholchange.org.uk	<a href="#">Alcohol Change UK: Alcohol harms. Time for change.   Alcohol Change UK</a>
Children of Alcoholics	National Association for children of alcoholics	08003583456	Helpline@nacoa.org.uk	
All	Alcoholics Anonymous	08009177650	Help@aamail.org	
All	Gamcare	0808 8020133		<a href="http://www.gamcare.org.uk">www.gamcare.org.uk</a>

Concerned  
about  
gambling

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## Carers

Age / Criteria	Service	Telephone	Email	Web
Up to 18	Young Carers		Support through Early Help LCC	
All	Support for Carers Leicestershire	0845 6899510	maureen@supportforcarers.org	<a href="#">Leicestershire Support For Carers</a>
Up to 25	Children's Society	03003037000	Supportercare@childrensociety.org.uk	
Adults	CLASP the Carers Centre	0116 2510999	enquiries@claspthecarerscentre.org.uk	<a href="#">Home (claspthecarerscentre.org.uk)</a>
	LAMP's Carer	0116 2556286	advocacy@lampdirect.org.uk	
Adults	Rethink Carer Respite Service	0300 5000927 9.30am – 1pm	info@rethink.org	<a href="#">We are Rethink Mental Illness</a>

## Parental contact and family support

Age / Criteria	Service	Telephone	Email	Web
	CAFCASS	0300 4564000	See website	<a href="#">Home - Cafcass - Children and Family Court Advisory and Support Service</a>
<b>Families</b>	National Mediation Services	0330 113 0005	On website	<a href="#">www.fmacs.org.uk</a>
	The Grandparents Association	01279 428040	info@grandparentsassociation.org.uk	<a href="#">www.grandparents-association.org.uk</a>
Child contact centres	NACCC	0115 9484557	contact@nacc.org.uk	<a href="#">www.nacc.org.uk</a>
	Kinship formerly Grandparents plus	Helpline 03300 167235	Info@kinship.org.uk	<a href="#">www.kinship.org.uk</a>
All	Talk2sort (mediation)	01509 260500 0800 0385964	Via website	<a href="#">www.thebridge-eastmidlands.org.uk</a>
Leicester City	Talk2sort Teen Health Chat service			<a href="#">www.healthforteens.co.uk</a>

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