

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

Advocacy for Parents and Carers of children with Special Educational Needs	SENDIASS/ Parent Partnership City – Tel : 0116 4820870 County -Tel : 0116 3055614
Combating Fire Setting- Preventative work with children involved in fire setting www.leics-fire.gov.uk/your-safety/kids-youth	Fire Care Leicestershire Fire Service – early intervention for children setting fires. Tel: 0116 287 2241
Drug and Alcohol Advice and Support for Young People (18 years and younger)	Turning Point Tel: 0330 303 6000 www.wellbeing.turning-point.co.uk/leicestershire
Support for Parents/Carers though short courses/groups: www.cffcharity.org.uk	The Centre for Fun and Families 177/179 Narborough Road Leicester LE3 0PE Tel: 0116 2234254
Information on Services, Activities and Support for Disabled Children (Leicester City, county and Rutland)	Local Offer- Leicestershire www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/about-the-local-offer Local Offer- Leicester City https://families.leicester.gov.uk/send-local-offer/
Support for families with Children on the Autistic Spectrum	See www.leicestershireautism.org.uk 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.

Gingerbread: Tel: 0800 802 0925	Advice / support for single parents.
Young Minds Parents Information Service: www.youngminds.org.uk Tel: 0800 018 2138	National Service offering professional advice to parents on concerns relating to their children's mental health.
Parentline Tel: 0808 800 2222 www.familylives.org.uk	Advice on parenting. Specialises in divorce and separation issues.
Connexions (Leicester City) www.leicesteremploymenthub.co.uk/job-seekers/connexions-for-young-people/ Prospects (Leicestershire) https://healthforunder5s.co.uk/leicestershire/local-advice-and-events/advice/back-to-education/	Information and careers advice for young people. See Phone directory or website for telephone numbers. Most advice begins in Schools and Colleges
Website information for children Covers a range of issues including mental health	Leicestershire Partnership NHS Trust www.healthforteens.co.uk (11-18 years) www.healthforkids.co.uk (5 – 11 years)

HELPLINES CONT:

Childline Tel: 0800 1111	Free help line for Children or Young People in trouble or danger
National Bullying Helpline Tel: 0845 22 55 787	Advice and Support for Parents and Children See also www.nationalbullyinghelpline.co.uk www.bullying.co.uk
NSPCC Tel: 0808 800 5000	Free 24 hour service for anyone concerned about a child at risk of ill treatment or abuse.
Lesbian, Gay and Bisexual Centre Tel: 0116 254 7412	Advice, Support and a Youth Club facility. www.leicesterlgbtcentre.org

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:

Domestic Violence Helpline: Tel: 0300 123 0918 enquiries@safedvs.co.uk UAVA (Domestic & Sexual Violence) Tel: 0808 80 200 28	Advice/ Support available to people affected by abusive or intimidating relationship. Support and advice to anyone affected by an abusive relationship. www.uava.org.uk/
Free from Violence and Abuse www.freeva.org.uk Sexual Abuse helpline 0300 333 6533 www.respect.uk.net 0808 802 4040	Work with perpetrators of abuse to help them address their behaviour. Also Support to Victims and training to professionals
Turning Point Leicester Young People's Drug & Alcohol service Tel: 0330 303 6000	Turning Point provides the integrated substance misuse service for Leicester, Leicestershire & Rutland. Work with anyone who is affected by drugs or alcohol. www.wellbeing.turning-point.co.uk/leicestershire
Leicester Counselling Centre Tel: 0116 255 8801	Offers individual counselling (aged 16 years and above)..
Home-Start Horizons (City, Charnwood & Melton/Rutland) Tel: 0116 249 5062	Bases in all areas. See telephone directory for contact numbers
Relate Leicestershire 83 Aylestone Road, Leicester LE2 7LL Tel: 0116 254 3011	Relationship Counselling for Couples. Also some Children and Families Counselling.
Coping with Cancer Tel: 0116 2230055	Support, including parent support, for people with cancer
Let's Talk Wellbeing - Psychological support and advice (Accessed via G.P or self-referral.) www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing	Quick access to Mental Health Support for adults. 16+ years

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

Summary of Services to assist Parents & Carers

October 2020

PRESENTATION	SUGGESTED SOURCE OF HELP
Advice to Parents/Carers regarding management of children Behaviour problems, e.g. sleep, tantrums, (for children under 5 years old). Emotional and behavioural difficulties (including bedwetting) in school-aged children.	Health Visitors (contact local surgery) Text: 07520 615381 (City) 07520 615382 (County) School Nursing Service (contact via children's school) Text : 07520615386 (City) 07520615387 (County)
Advice, Information and Support to Parents/Carers regarding Behavioural and Emotional Difficulties at home. Children's Centres & Family Support Services https://mychoice.leicester.gov.uk/ Family Information Directory www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/family-information-directory Links with all relevant agencies	Leicester City Children's Centres Early Help at Children Centres. Go to www.leicester.gov.uk/schools-and-learning/support-for-children-and-young-people/early-help/referral-for-early-help-support/ or ring . 0116 4541004 Leicestershire County Council Children & Family Wellbeing Service A range of services are available for all age groups. Ring: is 0116 305 8727 or go to www.resources.leicestershire.gov.uk/education-and-children/child-protection-and-safeguarding/early-help to find out more. Rutland Early Help Services Ring 01572 758407
Support and Advice to Parents with children with complex care needs	Parent Carer Forum – 07592869050 (County) www.leicestershirepcf.org.uk