



**Better care together**

Leicester, Leicestershire & Rutland health and social care

# Future in Mind

## Emotional, Mental Health and Wellbeing Services for Children and Young People



Find out what is available in  
Leicester, Leicestershire and Rutland

Our shared vision in Leicester, Leicestershire and Rutland is that children and young people will have access to the **right help** at the **right time**—through all stages of their emotional and mental health development.

In Leicester, Leicestershire and Rutland there are a range of services that support children and young people.

This leaflet explains what they are and how your child can access them.



## **NHS** Ask your GP

If you are worried about your child’s behaviour, emotional wellbeing or mental health, we have a range of services that can offer advice, support and help with **Early Intervention**:

- low mood
- behaviour problems
- emotional support
- self-harm
- anxiety
- academic stress and school transitions
- family relationships
- bereavement or loss
- bullying (including social media)
- loneliness

**Your GP can tell you more about which service will best to meet your child’s needs**

## Children and Adolescent Mental Health Services (CAMHS)

CAMHS helps children and young people who need specialist mental health support.

The team is made up of doctors, nurses and therapists who specialise in child mental health. Your child's needs will be assessed and their care might include a one off appointment or a more detailed care plan which will last until they feel better, able to cope or if it is felt to be safe.

**You can be referred to CAMHS by any Healthcare Professional**

### Crisis Resolution and Home Treatment

The crisis resolution and home treatment team can provide rapid assessment and treatment for a child or young person when they are:

- at immediate and significant risk of self-harm or suicide
- experiencing acute psychological or emotional distress which is having such a significant impact on their wellbeing or that their schooling is being affected
- being considered for an admission to a mental health inpatient unit
- posing an immediate or significant risk to others due to their

**If your child is safe but is experiencing a crisis  
you can attend your GP or call NHS 111**

**In an Emergency Call 999**

## Early Help

In addition to Health services, each Local Authority has an Early Help Service which can provide information and support with:

- Whole family support (including support in schools)
- Pre-birth support and early years development
- Specialist children centre teachers
- Parent and community development
- Inclusion Services
- Careers information, advice and guidance service
- Youth Offending Service
- Targeted Youth Support

## Referrals can be made by anyone



Leicester  
City Council

### In Leicester City

<https://www.leicester.gov.uk/earlyhelp>



### In Leicestershire

[https://leicestershirecc-self.achieveservice.com/  
service/Request-for-services-children-and-families](https://leicestershirecc-self.achieveservice.com/service/Request-for-services-children-and-families)



Rutland  
County Council

### In Rutland

<https://www.rutland.gov.uk/my-services/health-and-family/early-help/>

## Special Educational Needs or Disabilities (SEND)

If you think your child has special educational needs or a disability, talk to your child's early years or education setting. They will discuss any concerns you have, tell you what they think and explain to you what will happen next.

Each Local Authority offers a range of services to help children and young people with special educational needs or disabilities as well as their families and carers.

To find out more about local SEND services near you visit



Leicester  
City Council

In Leicester City

<https://families.leicester.gov.uk/send-local-offer/about-send/>

In Leicestershire



Leicestershire  
County Council

<https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/>



Rutland  
County Council

In Rutland

<http://ris.rutland.gov.uk/kb5/rutland/directory/advice.page?id=ic1N8E-BpaM>



**[www.kooth.com](http://www.kooth.com)**

Kooth provides online mental health services for children and young people. This can be through a mobile phone, tablet or computer. You can access free, safe and anonymous online support through our online counselling service, including:

- Chat in real time to friendly online counsellors
- Read articles written by young people
- Get support from the Kooth community

**Anyone can access this service for free online**

# YOUNG MINDS

**Parents Helpline Call 0808 802 5544**

If you are worried

about a child or young person under 25 call

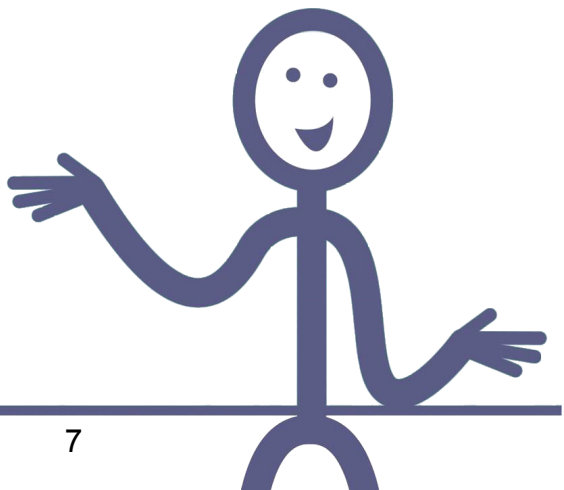
parents helpline for advice

**[www.youngminds.org.uk](http://www.youngminds.org.uk)**

**If your child's condition changes or if you need more support while your child is waiting to be seen by a service—please contact your GP practice for advice and support in the first instance.**

**If your child is safe but is experiencing a crisis you can attend your GP or call NHS 111**

**In an Emergency Call 999**



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Better Care Together is the partnership of local health and social care organisations who are working together to arrange care for patients in Leicester, Leicestershire and Rutland.

**Find out more here [www.bettercareleicester.nhs.uk](http://www.bettercareleicester.nhs.uk)**

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