

Signposting and recommended services:

Our service reviews the needs of children and young people based on the information provided and will Signpost and recommend services that will support in an appropriate response to your referral.

- **Care Navigation**-They are an administrative team covering children & young people aged 0-19. Working with Practitioners such as Therapy Services and External Partner Agencies to support Families, Young People and Children. Phone: 0116 215 3269 (Leave a message and someone will get back to you) or email: lpt.carenavigators@nhs.net
- **Right to choose**- If a GP needs to refer you for a physical or mental health condition, in most cases you have the legal right to choose the hospital or service you'd like to go to. This will include many private hospitals if they provide services to the NHS, and it does not cost the NHS any more than a referral to a standard NHS hospital. For more information see website- <https://www.nhs.uk/using-the-nhs/about-the-nhs/your-choices-in-the-nhs/>
- **Children and Young Peoples' Mental Health Triage and Navigation** This is a service that helps young people in Leicester, Leicestershire & Rutland access the right non urgent mental health services for their needs. self-refer by visiting the [MySelfReferral-LLR.nhs.uk](https://www.myselfreferral-llr.nhs.uk) website (except neurodevelopmental disorders, eating disorders or substance misuse. Please contact your GP Surgery to make an appointment to discuss these conditions). Your GP can make a referral to the service if this is right for your needs. How to get help if it is urgent- Contact the 24/7 Mental Health Central Access Point (CAP) on 0808 800 3302 for urgent help. The CAP is not an emergency service. If you or your child or young person have taken an overdose or are in imminent danger of physical harm, attend A&E or call 999.
- **County Children Family Wellbeing service has a new name- Family Help**. Family Help provides targeted early help to families – and when needed, Child in Need services. We provide early help services to families, where they're experiencing difficulties that can't be supported by universal services such as schools or GPs alone. The support we offer is free of charge and can be delivered at a location to suit your situation or online. Call us on **0116 305 8727** for further details. Or for more information visit the website- www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/help-for-children-and-families

- **City Early Help-**Children and young people can experience a range of difficulties at any time in their life. Early help is for children and young people of any age and can come from all kinds of services and organisations who work together to support the family. You might be using some of these services already, but we want to make sure they are providing the right support for you and your family's needs. You can request if you have concerns about your child's health, development, or behaviour. The request can be made by yourself or with the support of a professional such as a teacher, health professional or support worker. During the assessment, you will be fully involved and listened to which will help find the right support that you, your child and family may need. For more information about Early Help contact 0116 454 1004 or email early-help@leicester.gov.uk.
- **Teen Health:** At Teen Health, our ultimate aim is to help all children and young people in Leicestershire and Rutland live healthier and happier lives. We provide support through a range of options such as group work, workshops, and one-to-one sessions. The team can also help you get in touch with other services if you need. They provide support with problems with friendships, Sexual health advice, supporting you to access to contraception and testing, boosting confidence and self-esteem, coping with starting a new school, building positive relationships, dealing with exam stress, accessing support for physical health, receiving advice on drugs and alcohol, overcoming feelings of sadness or worry, Staying healthy and safe. Website: www.teenhealth.org.uk
- **Children's sleep charity:** The charity supports parents by offering them workshops, clinics and written material for their children who are having sleeping issues. The service uses more of a behavioural approach and works along with the families ensuring they are fully supported. Website: <https://www.thechildrenssleepcharity.org.uk/>
- **Headspace for kids:** Learn to meditate and live mindfully with hundreds of themed sessions on everything from stress to sleep. Bite-sized meditations for busy schedules and SOS exercises in case of sudden meltdowns. Free trial then monthly or yearly subscription. Website: www.headspace.com
- **Dreamy Kid:** Children have been showing signs of stress, technology-fatigue, and anxiety starting at younger ages. It is a science-based fact that only 10 minutes of meditation is a great life-tool to find inner-harmony and balance amid their busy lives. With Dreamy Kid, just play it as they fall asleep or awake. They will begin a life-long journey that will centre them with tools for all situations. Website: www.dreamykid.com

- **The Solihull Approach:** A team of professionals within the NHS. They are a 'not for profit' organisation. The Solihull Approach is all about emotional health and well-being. They provide online courses and face to face groups for parents. Website: www.inourplace.co.uk/ Telephone: 0121 296 4448 Mon-Fri 9am-5pm.
- **1-2-3 Magic:** 3-Step Discipline for Calm, Effective, and Happy Parenting Paperback – Picture Book, 2 Mar. 2016 by [Thomas Phelan PhD](#) (Author) Since kids don't come with a manual, *1-2-3 Magic* is the next best thing. DR Thomas Phelan has developed the #1 selling child discipline book in the country-a quick, simple, and scientifically proven way to parent that actually works! Using his signature counting method, DR Phelan helps parents to quickly, calmly, and effectively stop behaviours like tantrums and meltdowns, whining and pouting, talking back, sibling rivalry and more in toddlers, preschoolers, and middle schoolers. DR Phelan also covers how you can easily establish positive routines with children ages 2 - 12 around: bedtime, dinnertime, homework, getting up and out in the morning, and tips for strengthening your relationship with your kids. Millions of parents from all over the world have used the award-winning *1-2-3 Magic* to raise happier families and put the fun back into parenting, combining love and logic to make you a more peaceful parent with a happy kid.
- **County Leicestershire SEND advice** - Information on SEND help available, including details for SEND Information, Advice and Support Service (SENDIASS) for independent advice if you think your child isn't getting the help they need. Telephone: 0116 305 5614 (Monday to Thursday 9am to 4.30pm, Friday 9am to 4pm) Email: sendiass@leics.gov.uk
- **Leicester City SEND advice** - Information on SEND help available, including details for SEND Information, Advice and Support Service (SENDIASS) for independent advice if you think your child isn't getting the help they need. 1st Floor Alliance House, 6 Bishop Street Leicester LE1 6AF, Tel: 0116 482 0870 Email: info@sendiassleicester.org.uk Facebook: [SENDIASS Leicester](#) Twitter: [@SendiassL](#)
- **Rutland SEND advice** - Tel: 0797 701 5674 Email: info@sendiassrutland.org.uk Post: c/o SENDIASS Leicester, 1st Floor Alliance House, 6 Bishop Street, Leicester, LE1 6AF



- **DLA- Disability Living Allowance-** how to claim, visit- <https://www.gov.uk/disability-living-allowance-children/how-to-claim> print off the form or call Disability Living Allowance helpline; Telephone: 0800 121 4600, Textphone: 0800 121 4523 to request a form is sent via post.
- **Family Fund-** Apply to Family Fund to access their grant for equipment- <https://www.familyfund.org.uk/grants/apply-for-a-grant/>
- **Menphys** offers Activity Clubs and Respite for children and young people across the community. These include partnerships with local sports teams, specialist providers and respite organisations. We aim to provide our members with the chance to have fun, socialise and discover new activities in a safe engaging environment.
<https://menphys.org.uk/activity-clubs-and-respite/>
- **Spectrum Sensory Sports CIC UK-** Spectrum Sensory Sports CIC UK was founded and setup by Sean Baker. We are a registered CIC that specialise in providing sensory classes and events for children and young adults that have learning difficulties, disabilities, Autism, ADHD etc. We are based on Melton Road, Thurmaston in Leicestershire and we hold daytime and evening sensory and stimulating sports classes for ages 4 to 21 years. These tailored sports and physical activity sessions aim to increase confidence, improve mental health and wellbeing whilst also improving physical health and social skills. Website- <https://spectrumsensorysportscic.co.uk/>
- **The Carers Centre Leicestershire & Rutland –** is a well-known local charity, dedicated to supporting unpaid carers across the diverse populations and communities of Leicester, Leicestershire and Rutland. Website- <https://www.claspthecarerscentre.org.uk/> Email- enquiries@thecarerscentre.org.uk or phone- 0116 251 0999,

Thank you for reaching out to ADHD Solutions, we believe in your ability to create resilience for your family and will support you to achieve positive outcomes for you, your child, and your family.