


Support For Parents:

	<p>Refuge provides free 24 hour support for women and children experiencing domestic violence.</p> <p>Telephone: 0808 2000 247 Online chat https://www.nationaldahelpline.org.uk/how-we-can-support-you/</p>	
	<p>Respect are a helpline for men experiencing domestic abuse.</p> <p>Telephone: 0808 8010 327 Online chat: https://mensadviceline.org.uk/contact-us/ Email: info@mensadviceline.org.uk</p>	
<p>Free from Violence and Abuse</p> 	<p>Freeva provide support for those who are or have experienced domestic abuse, violence, and sexual abuse.</p> <p>For those affected: 0808 802 0028 (open Monday-Friday – 8am-6pm. Saturday, Sunday & Bank Holidays 10am-4pm) https://freeva.org.uk/</p>	
<p>Turning Point Leicester</p> 	<p>Turning Point Leicester offer support for those experiencing drug and alcohol addiction and for those in crisis.</p> <p>Addiction Helpline: 0330 303 6000 Referrals: https://www.turning-point.co.uk/get-support Website: https://www.turning-point.co.uk/services/leicester Crisis helpline: 0808 800 3302</p>	
<p>Leicester Counselling Centre</p> 	<p>Leicester Counselling Centre offer counselling support for those aged 18 and over. Referrals are taken via telephone only.</p> <p>Telephone: 0116 255 8801</p>	
<p>Home-Star Horizons</p> 	<p>Support families who have a least one child under five who may be dealing with social isolation, domestic abuse, lone parenting, poverty, illness and disability.</p> <p>Tel: 0116 279 5062 Email: info@homestarthorizons.org.uk Website: https://homestarthorizons.org.uk/contact-home-start/</p>	
<p>Relate Leicestershire</p> 	<p>Offer relationship, family and children and young people counselling.</p> <p>Email: Reception@rllr.org.uk Tel: 0116254 3011</p>	
<p>Sue Young Cancer Support</p> 	<p>Provide support for physical and emotional health following a cancer diagnosis.</p> <p>Public phone: 0116 223 0055 Email: reception@sy-cs.org.uk Website: http://www.sueyoungcancersupport.org.uk/</p>	
<p>Vitamid</p> 	<p>Vitamid are NHS lead service providing talking therapies to those 16 years and over who live and are registered with a GP in Leicester, Leicestershire, and Rutland. Referrals are taken via the website.</p> <p>Website: https://www.vitahealthgroup.co.uk/contact-us/</p>	

<p>Family Lives</p> 	<p>Advice on parenting. Specialises in divorce and separation issues. Parentline Tel: 0808 800 2222 www.familylives.org.uk</p>	
<p>Connexions (Leicester City)</p> <p>https://mychoice.leicester.gov.uk/Services/1152/Connexions-Leicester</p>	<p>Information and careers advice for young people. Most advice begins in Schools and Colleges. Call: 0116 454 1770 Email: connexions@leicester.gov.uk https://www.leicesteremploymenthub.co.uk/young-people/</p>	
<p>Early Help</p> 	<p>Advice, Information and Support to Parents and Carers regarding behavioural and emotional difficulties at home. Call: 0116 454 1004 Email: early-help@leicester.gov.uk Web: www.leicester.gov.uk/schools-and-learning/support-for-children-and-young-people/early-help/referral-for-early-help-support/</p>	
<p>Parent Carer Forum</p> 	<p>Offer support and advice to unpaid carers with children with complex care needs call: 0116 251 0999 Email: enquiries@thecarerscentre.org.uk Web: https://claspthecarerscentre.org.uk/</p>	
<p>Lesbian, Gay, and Bisexual Centre</p> 	<p>Supports lesbian, gay, bisexual, and transgender people, children and families in Leicester, Leicestershire, and Rutland. Call: 0116 254 7412 Website: https://www.leicesterlgbtcentre.org/contact</p>	