**Mental wellbeing support for children and young people**

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Emotional, mental health and wellbeing support for children and young people

*This directory provides information on a range of general and specialist NHS mental health services for young people, including online and telephone support, together with top tips for children and families and details of youth groups as well as support available from local councils.*

*All of the services in this directory can be contacted directly by children and young people – they do not need a referral from a professional.*

*Produced by Leicester, Leicestershire and Rutland Clinical Commissioning Groups (LLR CCGs), the guide is intended to encourage and support young people to get the help they need.*

[**https://www.leicestercityccg.nhs.uk/my-health/childrens-health/mental-wellbeing/**](https://www.leicestercityccg.nhs.uk/my-health/childrens-health/mental-wellbeing/)