

Mental Health Support in Your Community **You are not alone – support is here.**

Leicester Samaritans

What they offer: 24/7 listening support if you're struggling to cope

Contact:

 info@leicestersamaritans.org

 0116 270 5500 (Office staffed Mon - Wed)

Neighbourhood Mental Health Cafés

What they offer: Safe, welcoming spaces to talk through difficulties with trained staff

Link: Find your local café

<https://www.leicspart.nhs.uk/service/neighbourhood-mh-cafes/>

JOY Social Prescribing

What they offer: Connects you to activities, groups & wellbeing support in your area

Link: Explore JOY

<https://www.leicspart.nhs.uk/mental-health/resources/conditions/joy-social-prescribing/>

Mental Health Friendly Places

What they offer: Local shops, cafés & venues trained to support mental health conversations

Link: See Friendly Places

<https://www.startaconversation.co.uk/mental-health-friendly-places>

Getting Help into Neighbourhoods – LPT

What they offer: NHS-commissioned services closer to where you live

Link: Get in the Know

<https://www.leicspart.nhs.uk/involving-you/ghin/>

LPT Children's Directory

What they offer: Directory of services & support for children & young people

Link: Children's Mental Health Support

<https://www.leicspart.nhs.uk/wp-content/uploads/2025/06/CYP-LLR-At-a-Glance-14-May-25.pdf>

Mental Health Info & Directories

What they offer: Advice, urgent helplines & self-referral signposting

Link: LLR Mental Health Information

<https://www.leicestershire.gov.uk/adult-social-care-and-health/mental-health/mental-health-information-advice-and-support>

click the links to find the right support for you.

<https://www.leicspart.nhs.uk/wp-content/uploads/2025/06/V6-JUNE-2025-LLP-Trust-Mental-Health-TRAFFIC-LIGHT-POSTER.pdf>