

LOVING SERVICE OF THE WORLD

Mental Health



Diocese of
Leicester
Shaped by God

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Local organisations and services

- [The Hub of Hope](#) is an online database of mental health support services – enter your location and what you need help with, and it will bring up local, national, peer, community, charity, private and NHS mental health support and services.
- [Life Links](#) offers support groups and one-to-one sessions as well as information and advice for adults. These services are available for adult residents of Harborough, Blaby, Oadby and Wigston District areas.
- Mental Health Matters' [North West Leicester, Hinckley & Bosworth Mental Health Wellbeing & Recovery Service](#) provides advice and information for anyone experiencing emotional or mental health problems, runs various support groups, and delivers one-to-one support with a trained recovery worker.
- [P3](#) offers the mental health and recovery service for adult residents of Leicester
- [Lamp \(Leicestershire Action for Mental Health Project\)](#) provides independent community mental health advocacy to the people of Leicester, Leicestershire and Rutland, including support to families and carers.
- [Leicester Samaritans](#) provides a 24/7 confidential listening service to people in distress
- [The Farming Community Network](#) has a helpline open every day from 7am to 11pm (03000 111 999) which can [help with a range of health and wellbeing issues](#) including stress, isolation, alcohol and drug dependency. Their Leicestershire-based volunteers can signpost farmers to appropriate support.
- The [Adhar Project](#) is a Leicester-based mental health charity which services people from Global Majority Heritage backgrounds
- [Peppers](#) have drop-in sessions and activities for people struggling with their mental health in Melton Mowbray and Oakham
- [Health for Teens](#), an NHS service for young people's mental health
- [Harmless](#), a charity for people of all ages who self-harm or are at risk of self-harming
- [First Steps Eating Disorders](#) offers a range of services including training, school workshops, support groups and individual therapies for people of all ages with eating disorders.
- [TwentyTwenty](#) works with girls in Leicester and Leicestershire to support their self-esteem, positive body image, and sexual health. They deliver one-on-one support, group sessions, and work in schools.
- [Quetzal](#) provides free counselling to women over the age of 16 in Leicester, Leicestershire and Rutland who experienced childhood sexual abuse

- [First Step](#) provides free counselling and support to men over the age of 13 in Leicester, Leicestershire and Rutland who have experienced sexual abuse.

Christian organisations and services

- [Alumina](#) is a free online 7-week course for 11-19 year olds struggling with self-harm, developed by Youthscape, the Christian youth work charity.
- [Headstrong](#), developed by Youthscape and the Mind and Soul Foundation, is an online space for young people where they can find information and advice about mental health and wellbeing, share their own stories, and engage with fun, interactive content.
- TLG has [free online training](#) about supporting young people's emotional health for leaders and volunteers in churches and schools
- [Renew Wellbeing](#) helps churches open spaces of welcome and inclusion in partnership with local mental health teams to improve mental and emotional wellbeing. Renew spaces are simple cafe style spaces run by local churches where hobbies and activities are shared, attached to a quiet room or prayer space.

Resources you can deliver within your church

- A [youth group session on anxiety](#), produced by Headstrong
- The [Bereavement Journey](#) - 12 filmed talks to be used over 6 sessions, which help to guide people through the most common aspects of grief.
- The [Sanctuary Course](#) is a free eight-week study guide for church-based groups which covers: Understanding mental health and illness; Challenging stigma; Recovery; Companionship; Self-care; and the role of community in mental health recovery
- [Kintsugi Hope wellbeing groups](#) – 12-week small group courses which offer a safe space for people who feel or have felt overwhelmed and providing tools for self-management in a facilitated peer mentoring style setting. Issues covered include; disappointment, loss, anxiety, anger, perfectionism, shame and resilience.