

# Support for parents and carers across Leicester, Leicestershire and Rutland

Discover some of the fantastic support services for parents and carers of primary school aged children offered by Leicestershire Partnership NHS Trust and other agencies across the local area



## Grownups

[Health for Kids: Grownups](#) is an online platform provided by the NHS which is full of advice for parents and carers, covering various topics including communication, neurodiversity, emotional health and more [healthforkids.co.uk/grownups](http://healthforkids.co.uk/grownups)



## AutismSpace

[Autism Space](#) is a local site providing support, advice and guidance on autism in helpful categories, including assessment and diagnosis, education, communication and relationships and more. [leicspart.nhs.uk/autism-space/](http://leicspart.nhs.uk/autism-space/)



**Leicestershire Partnership**  
**NHS Trust**

[The Leicestershire Partnership NHS Trust website](#) offers a 'While you wait' space, providing advice and guidance for those waiting for assessments from services such as CAMHS and for conditions like ADHD. [leicspart.nhs.uk/while-you-wait/](http://leicspart.nhs.uk/while-you-wait/)



Bringing the Solihull Approach to the world

[Togetherness](#) offers a range of accessible learning pathways to help everyone understand more about brain development, emotional wellbeing and parenting for healthier relationships and happier lives. Access code: CURVE [togetherness.co.uk/](http://togetherness.co.uk/)



The Healthy Together Helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting. Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

**Call: 0300 300 3001**



[ChatAutism](#) is a local text messaging service for autistic people and their parents/carers/families and allies. It's staffed by qualified NHS health professionals so you can be confident in the advice they share with you.

**You can send a text to: 07312 277097**



Providing a one-stop shop for support, advice and information, Family Hubs have been set up across Leicester, Leicestershire and Rutland, helping families navigate every stage of life.



[Family Hubs Leicester](#)

[families.leicester.gov.uk](http://families.leicester.gov.uk)

[Family Hubs Leicestershire](#)

[familyhubsleicestershire.org.uk/](http://familyhubsleicestershire.org.uk/)

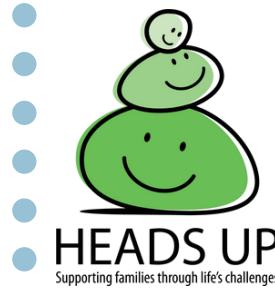
[Family Hubs Rutland](#)

[rutland.gov.uk/rutland-information-service/rutland-family-hub](http://rutland.gov.uk/rutland-information-service/rutland-family-hub)



[The Leicester, Leicestershire and Rutland Integrated Care Board \(ICB\)](#) offer advice on how to look after your own health and wellbeing, as well as services that can support you.

[https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/](http://https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/)



**HEADS UP**  
Supporting families through life's challenges



[Heads Up](#) provide a wide range of support to parents and carers across the local area, including antenatal education, early years groups, ADHD support and more. [headsupleicester.org.uk/](http://headsupleicester.org.uk/)