

Early Intervention Service

The Early Intervention Service provides emotional wellbeing and therapeutic support for children and young people, and their parents/carers, living in Leicester, Leicestershire and Rutland with low to moderate mental health difficulties.

ADHD Support

This service is designed to support children and young people aged 8 to 18 and their families, who either suspect they have ADHD (Attention Deficit Hyperactivity Disorder) or have received a diagnosis. We provide a programme of tailored support for individuals with low to moderate mental health difficulties associated with ADHD, as well as group work for parents and carers to help manage ADHD-related difficulties effectively.

Support for Children & Young People

ADHD & ME

For children and young people who have a formal ADHD diagnosis we offer a 4 week programme which focuses on understanding their ADHD, developing coping strategies, improving self-regulation, focus and task completion.

Executive Functions Programme

For children with suspected ADHD we offer a 4 week programme on developing executive functioning skills (e.g., organisation, time management, working memory, and impulse control). Alongside psychoeducation and support with low to moderate mental health needs such as anxiety.

ADHD Support

Early Intervention Service

Support for Parents/ Carers

A parent/ carer group is available for parents and carers of children and young people who suspect or have a diagnosis of ADHD. This will focus on equipping parents/ carers with practical tools, strategies, and emotional support for managing ADHD-related behaviours and the impact on their mental health challenges at home.

We believe that with the right support, children and young people with ADHD can flourish. Our programmes are designed to empower both young people and their families, equipping them with the tools and strategies they need to navigate their life.



Referral Pathway

To access this service, you will need to be assessed and referred by your GP.

Feedback...

'It has helped me to understand my emotions and how to overcome them.'


'It was very resourceful and relaxing, good strategies.'

You can find more information about our ADHD support and other available services on our website...



SCAN ME!

Contact Us

 **01162543011**

 **reception@rllr.org.uk**

 **www.relationshipscentre
leicestershire.org.uk**

Support services

All numbers are available 24/7

Central Access Point (CAP)  **111 option 2**

Call for urgent mental health needs or when you are in crisis. This number can be also used by friends or family.

Samaritans  **116 123**  **jo@samaritans.org**

A free, completely confidential number to call when you need to talk to someone.

SHOUT  **text "SHOUT" to 85258**

A free and confidential text messaging service.

Childline  **0800 111**  **www.childline.org.uk**

Includes message boards and resources on a range of different topics that can affect your mental health, and a 1:1 counsellor chat feature.

TellMi  **www.tellmi.help**

A safe, anonymous app where you can talk about absolutely anything.