

# Early Intervention Service

**Emotional wellbeing and therapeutic support for children and young people, and their parents/carers, living in Leicester, Leicestershire and Rutland.**



## Flourish

Our Flourish groupwork programme is for children and young people aged 8-17. It aims to equip young people with a better understanding of mental and emotional health, coping strategies and emotional resilience through a range of creative and engaging interventions.

The programme runs for 6-8 weeks, groups are separated by age range and tailored to better fit the needs of each age group.

## Prosper

Our Prosper programme is a 3-hour Zoom session for parents/ carers of children experiencing anxiety. Our Prosper deliverers support parents to understand anxiety and how they can best support their children and young people to cope better.

## Children and Young People's Counselling

A safe space for children and young people aged 8-18 to talk about challenges they're facing one to one with a trained counsellor, and learn better ways of coping.

## ADHD support

We offer support to young people and their families where there is diagnosed or suspected ADHD. Our practitioners work with young people to support them in understanding ADHD and how this can impact them in their daily lives, and explore better ways of regulating their emotions. We also offer workshops for parents/ carers, supporting them to understand ADHD and how they can best support their children and young people to cope better.

## Heads Up

The service is made up of two organisations: The Relationships Centre and Heads Up, and offers a range of support interventions for children, young people and parents/carers. You can find information on the services offered at Heads Up here:

[www.headsupleicester.org.uk](http://www.headsupleicester.org.uk)

To access this, you will need to be assessed and referred by your GP or you can complete a self-referral to see whether The Relationships Centre is the best fit for you:  
[www.myselfreferral-llr.nhs.uk/](http://www.myselfreferral-llr.nhs.uk/)