

EDUCATION

- [School Admissions service](#)
- [Schools in Rutland](#) - Find out about schools in Rutland
- [Schools Support Partnership \(SSP\)](#) - working with schools to support social and emotional mental health needs
- [Anxiety Related Non Attendance \(ARNA\)](#) - contact school to ask for the tool if your child is showing signs of anxiety around school
- [Nurture Nest](#) - supporting children with attachment difficulties
- [Early Education and childcare funding](#) - find out about funding
- [RCC SEND Advisors](#) - available for training, advice and support for schools - school SENCo to contact.
- [MHST - Mental Health Support in Schools](#) - National program to support mental health

GENERAL

- [The Joy app](#) - services in your area, just enter your postcode
- [RISE team](#) - Rutland Integrated Social Empowerment services social prescribing
- [Karma Nirvana](#) - national honour based abuse helpline
- [Adam Project](#) - Supporting male victims of domestic abuse
- [ManKind](#) - Helping men escape domestic abuse
- [National domestic abuse helpline](#)
- [IDAS](#) - Charity supporting domestic abuse and sexual violence
- [Galop](#) - supporting LGBT+ people who have experienced abuse and violence
- [Clare's Law](#) - Make an application under Clare's Law
- [The Jenkins Project](#) - FREEVA project for those seeking change
- [Rutland Information Service](#) - directory of local services
- [In Our place](#) - free courses for parents/grandparents/ carers and teens re. emotional health and wellbeing
- [Weight Management Service](#) - information, resources and referral for support
- [LOROS Bereavement Hubs](#) - drop in sessions to support bereaved adults.
- [Jasmine House](#) - charity working with female survivors of sexual violence
- [CHISVA](#) - advisors for young people around sexual violence, rape or exploitation
- [Rutland community fridge](#)
- [Christians Against Poverty \(CAP\)](#)
- [MADMAC - Money advice centre](#)
- [Citizens Advice Rutland](#) - specialist help with common issues
- [FREEVA](#) - Free from violence and abuse
- [Rutland Foodbank](#)
- [P3](#) - Rutland housing and homelessness support
- [Turning Point](#) - local substance use support service.
- [Quit Ready](#) - support to quit the habit
- [Rutland community app](#) - an app for all things Rutland
- [Winston's Wish](#) - National charity supporting bereavement
- [Cruse - Bereavement support](#) - resources to support children and adults
- [The Laura Centre](#) - therapeutic services for when a child dies or is bereaved

PARENTS

- [Triple P Online Courses](#) - Free courses for LLR postcodes
- [Home-Start Horizons](#) - Supporting families with young children through challenging times
- [The Family Hub](#) - Various activities, groups and support for families
- [Family Lives \(Parentline Plus\)](#) - Online and phone parenting support
- [Family Help](#) - range of services to support families
- [Dads Unlimited](#) - supporting men with various issues
- [HAF](#) - Free activities during school holidays for qualifying families
- [See it differently](#) - videos to support parental conflict
- [Solihull parent program](#) - various online courses covering conception - 19+ years
- [Separating Better](#) - Free mobile app for parents navigating separation
- [RelateBot](#) - Relate tool to help you handle problems with your partner or co-parent.

HEALTH

- [Health for under fives](#)
- [Health for kids](#)
- [Health for teens](#)
- [Chat Health](#) - confidential service to speak to a qualified health professional
- [GP](#) - information on GP practices in Rutland
- [Active Rutland](#) - promoting local opportunities for physical activity
- [RCCs guide to local health services](#)
- [Teen Health](#) - support for children and young people over 11 years
- [Leicester Sexual Health](#) - Service for Leicestershire and Rutland
- [NHS ChatAutism service](#) - support for autistic people and their families
- [Health visiting service](#) - 0300 300 3001
- [School Nursing Team](#) - Select your child's school for correct contact details
- [Care navigator service](#) - call 07900 914 728

OTHER SERVICES FOR CHILDREN AND YOUNG PEOPLE

- [FRANK](#) - Honest information about drugs
- [Leicester Lesbian, gay bisexual and transgender centre](#)
- [Rutland community app](#) - support for LGBTQ+ young people
- [Barnados young carers](#)
- [RCC Young carers](#) - support services for young carers
- [CEOP](#) - Child exploitation and online protection - resources and reporting facility
- [YOS](#) - Youth Offending Service - support for vulnerable people involved or at risk of crime

WHAT SUPPORT IS AVAILABLE FOR RUTLAND CHILDREN AND FAMILIES?

SEND

- [Aiming High](#) - RCC service offering activities up to age 25
- [Aiming High Short Breaks Scheme](#) - funding for children to spend time away from their carers
- [Rutland Parent Carer Voice](#) - forum listening to and representing parents of children with SEND in Rutland
- [ADHD Solutions](#) - independent support for children and adults
- [RCC ADHD Support group](#) - For parents/carers
- [RCC Autism Support group](#) - For parents/carers
- [GAGGLE](#) - Group for girls with ASD aged 10+
- [Rutland Rotaract](#) - support for children and families with additional needs
- [MENCAP](#) - Charity supporting people with learning disabilities
- [SENDIASS Rutland](#) - Free confidential advice on SEND
- [Supported Internships](#) - Info for parents from UCAS
- [Dynamic Support Pathway](#) - referral tool for people with learning disability or Autism who are struggling with health and wellbeing
- [Dingley's Promise](#) - supporting early years children with SEND
- [RALSS](#) - Rutland Adult Learning
- [Sunflowers](#) - Support group for parents of children 0-5yrs with additional needs
- [RCC SEND service](#)
- [Speech and Language Services](#)
- [Little Miracles](#) - Charity supporting families of children with additional needs, disabilities and life-limiting conditions
- [RCC SEND Line](#) - call 01572 758280
- [Space to play](#) - sessions for children under 5 who pay struggle in a busy environment
- [Early Years Inclusion Service](#) - supporting children 0-5yrs with possible SEND
- [SEND Local Offer](#) - provision and services for SEND
- [Family fund](#) - grants for families raising a disabled or seriously ill child
- [Out of Hours Club](#) - Charity supporting young adults with SEND to access social opportunities

MENTAL HEALTH

- Understanding your anxious child program - contact 01572 758493
- [Triple P](#) - Helping whole families manage anxiety - contact 01572 758493 for code to access course
- [Harmless](#) - National centre for self harm and suicide prevention
- [Peppers](#) - A safe place for any adults looking to combat loneliness and improve their mental wellbeing
- [Mind](#) - National charity supporting young people and adult mental health
- [Tellmi app](#) - Safe, anonymous app where you can talk about anything - peer and counsellor support
- [Tellmi therapy](#) - Referral for aged 11+ for online chat based therapy
- [Young Minds](#) - Advice and support for young people, parents and professionals
- [Teen Health](#) - support for children and young people over 11 years
- [NHS](#) - Resources to support young people with mental health and wellbeing
- [RCC Mentoring and independent advocacy](#) - mentors to work with young people and advocates to support them to share their voice
- [P3](#) - Supporting people over 18 with mental health issues in Rutland
- [Vita Health](#) - Talking therapies for 16+ - self referral
- [CAMHS](#) - specialist service. Referral via GP, community pediatrics, social workers, Mental Health in schools team (MHST)
- [Central Access Point \(CAP\) line](#) -0808 800 3302 24/7 service for anyone needing urgent mental health support
- [With you](#) - support around drugs and alcohol and mental health
- [My Self Referral](#) - Resources, information and refer yourself for mental health under 18

