



SUPPORT SERVICES

Relate

0116 2543011

Flourish (young people's group work programme) £25 per session.

Prosper (Parent group work programme).
£25 per session.



121 counselling sessions. £55 for an initial assessment and £48 per ongoing session.

Family counselling sessions. £55 for an initial appointment and per ongoing session.



Central Access Point Line (CAP)

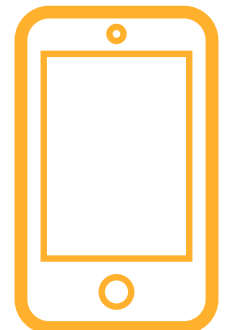
For urgent mental health needs 24/7

0116 295 3060

YoungMinds/SHOUT

For mental health support 24/7

Text YM to 85258



Young Minds

Young people's mental health charity

www.youngminds.org.uk

YoungMinds app

