



Leicestershire Partnership
NHS Trust

Useful resources and contacts

Here at the Leicester Eating Disorder Service we're really pleased that you reached out for help. We hope that the following resources are useful to you whilst you wait to be seen by our team.

Remember that you can call and ask any questions and there are some great resources on our website.

Phone: **0116 225 2557**

Website: <https://www.leicestereatingdisorders.co.uk>

Beat

Beat are an Eating Disorders Charity, they have some great free downloads and resources, self help guides, GP forms and a webchat 365 days a year. We encourage you to take a look at this site.

<https://beateatingdisorders.org.uk>



Help for England

Helpline: 0808 801 0677

Email: help@beateatingdisorders.org.uk

Crisis resources/helplines

If you are in a life-threatening situation or cannot keep yourself safe, please go to your local A&E or, if you cannot get there safely, call 999.

For physical health concerns please contact your GP or NHS 111 service

Mental health central access point (CAP)



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This service is for anyone needing mental health support for themselves or others.

TEL: 0808 800 3302, accessible 24 hours a day, 7 days a week

The Samaritans

The Samaritans logo, featuring the word 'SAMARITANS' in white capital letters on a green rectangular background.

Call 116 123 (available 24 hours a day). Calls are free

Email jo@samaritans.org

The CALM support line

TEL: 0800 58 58 58 (available between 5pm to midnight 7 days a week).

Resources and webchat available on their website

<https://www.thecalmzone.net/get-support>

SHOUT

Text messaging support service

Text SHOUT to 85258



First steps ED

Eating disorder charity providing support for children, young people, adults and their families who are affected by an eating disorder.

<https://firststepsed.co.uk>

Contact information:

Tel: 0300 1021685

Email: info@firststepsed.co.uk

First Steps- University students

Specialist eating disorder support for students attending university in England and Wales.

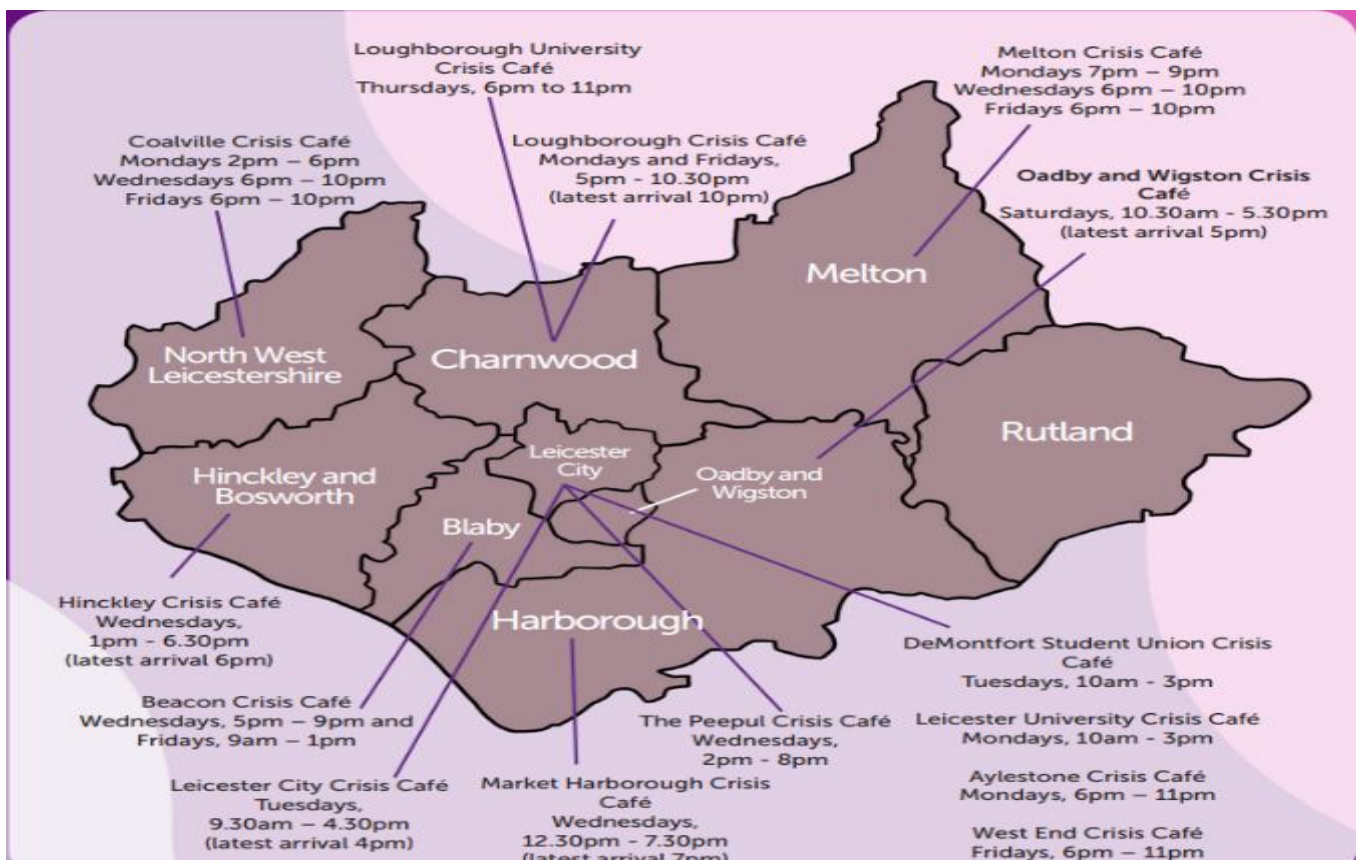
Support groups run weekly every Tuesday at 6pm via Microsoft Teams. They facilitate open and supportive discussions.

You can self refer via the following form

<https://form.jotform.com/201875738001352>

Crisis café

The crisis cafes offer support to those who are struggling with their mental health. There are many locations across Leicestershire and Rutland and these are drop in so no appointment is necessary. There are supportive trained staff there to listen and provide practical support for anyone who needs it.



City locations:

Aylestone Crisis Café - provided by Mental Health Matters
Aylestone Baptist Church, Lutterworth Road, Leicester, LE2 8PE
Phone: 07816 350 215 **Email:** mhm.leicestercrisiscafes@nhs.net

Opening times: 6pm-11pm on a Monday

DeMontfort Student Union Crisis Café - provided by Mental Health Matters DeMontfort University Students Union, Mill Lane,
Leicester, LE2 7DR **Phone:** 07816 350 215 **Email:**

mhm.leicestercrisiscafes@nhs.net **Opening times:** 10am-3pm on
Tuesdays

The Peepul Crisis Café - provided by the Peepul Centre Peepul
Centre, Orchardson Avenue, Leicester, LE4 6DP **Phone:** 0116 261
6000 **Opening times:** 2pm- 8pm on Wednesdays

Leicester City Crisis Café - provided by Turning Point David Wilson
Foundation Centre, St Martin's House, 7 Peacock Lane, Leicester,
LE1 5PZ **Email:** leicestershire.helpline@turning-point.co.uk **Opening
times:** 9:30am - 4pm on Tuesdays

Leicester University Crisis Café - provided by Mental Health
Matters Leicester University Students Union, Percy Gee Building,
University Road Leicester, LE1 7RH **Phone:** 07816 350 215 **Email:**
mhm.leicestercrisiscafes@nhs.net **Opening times:** 10am- 3pm on a
Monday

West End Crisis Café - provided by Mental Health Matters Robert
Memorial Hall, 147 Narborough Road, Leicester, LE3 OPD **Phone:**

07816 350 215 **Email:** mhm.leicestercrisiscafes@nhs.net **Opening times:** 6pm- 11pm on Fridays

County locations

Beacon Crisis Café - provided by Beacon Care and Advice CIC The Wellbeing Hub, Lutterworth Leisure Centre, Coventry Road, Leicester, LE17 4RB **Phone:** 0755 1940 068 (texts preferred during café hours) **Opening times:** 5-9pm on Wednesdays and 9am - 1pm on Fridays

Coalville Crisis Café - provided by Marlene Reid Community Action Marlene Reid Community Action, 85 Belvoir Road, Coalville, LE67 3PH **Phone:** 01530 510515 **Opening times:** 2-6pm on Mondays, 6pm- 10pm on Wednesdays and 6pm-10pm on Fridays.

Hinckley Crisis Café - provided by Turning Point Hinckley Baptist Church, Baptist Walk, Hinckley, Leicester, LE10 1PR **Email:** leicestershire.helpline@turning-point.co.uk **Opening times:** 1-6pm on Wednesdays.

Loughborough Crisis Café - provided by Turning Point Loughborough Wellbeing Centre, Asha House, 63 Woodgate, Loughborough LE11 2TZ **Email:** leicestershire.helpline@turning-point.co.uk **Opening times:** 5pm-10pm Mondays and Fridays

Loughborough University Crisis Café - provided by Mental Health Matters Student Services, Bridgeman Building, Loughborough University, Epinal Way, Loughborough, Leicestershire, LE11 3TU **Phone:** 07816 350 215 **Email:** mhm.leicestercrisiscafes@nhs.net **Opening times:** 6pm-11pm on Thursdays

Market Harborough Crisis Café - provided by Turning Point The Symington Building, Adam & Eve Street, Market Harborough, Leicester, LE16 7LT **Email:** leicestershire.helpline@turning-point.co.uk **Opening times:** 12:30pm- 7pm on Wednesdays

Melton Crisis Café - provided by Sunny Skies CIC Melton Mowbray Country Park Café, Wymondham Way, Melton Mowbray, Leicestershire LE13 1HX **Phone:** 07486 594 363 **Opening times:** 7pm- 9pm on Mondays, 6-10pm on Wednesdays and Fridays.

Oadby and Wigston Crisis Café - provided by Turning Point 40 Bell Street, Wigston, Leicestershire, LE18 1AD **Email:** leicestershire.helpline@turning-point.co.uk **Opening times:** 10:30am- 5pm on Saturdays.

Link to crisis café leaflet

[V2-FEB-2023-Crisis-Cafe-Booklet.pdf \(leicspart.nhs.uk\)](#)

Helplines for sexual assault

- **Jasmine House**- Leicester based service

<https://www.jasminehouse.org.uk>

- **Rape Crisis**- England and Wales

Online live chat and helplines

TEL: 0808 500 2222

<https://rapecrisis.org.uk/get-help/want-to-talk/>

- **Victim support**- Independent charity supporting victims of crime and traumatic incidents. Helpline and live chat available

TEL: 0808 1689111

<https://www.victimsupport.org.uk>

- **The Survivors Trust**- Helpline and live chat service for survivors of rape , sexual abuse or violence.

TEL: 0808 801 0818

<https://www.thesurvivorstrust.org/our-helpline>

- **NHS - information**

<https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

Papyrus

Suicide prevention for young people - confidential advice and support

Website: <https://www.papyrus-uk.org>

TEL: 0800 068 4141 - open 9am until midnight everyday

Text: 07860039967

Email: pat@papyrus-uk.org

Recovery College-

Leicestershire Partnership Trust



The recovery college is an NHS college that offers a range of recovery focused courses for people over 18 who have lived experience of mental health difficulties. They can also support their friends and family. The college is based at the Glenfield Hospital site but offers courses online and at different venues across Leicestershire and Rutland.

Courses cover topics such as:

- Physical health and wellbeing
- Building your life
- Understanding your own experience of mental health conditions
- Developing skills and knowledge
- Building life skills

You can enrol online via the website or you can call or email using the details below:

TEL: 0116 295 1196

Email: LPT.Recoverycollege@nhs.net

<https://www.leicspart.nhs.uk/service/leicestershire-recovery-college/>

Resources and self help information

Centre for clinical Interventions



: leaflet

The CCI is a specialist clinical psychology service in Australia, on their website is some great information sheets and workbooks about

eating disorders but also improving self esteem and self compassion in their resource section. We encourage you to take a look.

<https://www.cci.health.wa.gov.au/resources/looking-after-yourself>

FREED

FREED has a website with lots of helpful information and resources specifically for individuals aged 18 to 25 who have had their eating disorder for less than 3 years. They also have information on their twitter and Instagram accounts listed below.

<https://freedfromed.co.uk>

FREED for All

Worried about eating, weight, shape or someone else?
The best way forward is to get help and support early,
you are not alone.

 [@freedfromed](https://twitter.com/freedfromed)

 [@freedfromed](https://www.instagram.com/freedfromed)

Mind



The Mind website has information and resources on eating disorders and mental health

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/recovery-self-care/>

Talk ED

192 PT INFO - Patient resource leaflet

Author -CD/RS. Approved April 2023 Review date April 2024

This website has lots of useful resources and information. There is also a peer support group available.

<https://www.talk-ed.org.uk/support-services/>

Harmless

Harmless.org.uk is a self harm and suicide prevention organisation who have lots of great resources and information and support available to everyone.



facebook.com/harmlessuk



@HarmlessUK

Young minds

This website is specifically for young people. It has lots of resources and information on mental health and body image.

<https://www.youngminds.org.uk>

The Mix



This is an online service providing support to under 25's. They have an online chat function, crisis messenger and a helpline providing support and guidance on a range of issues including mental health, money, work and study, relationships and your body.

TEL: [0808 808 4994](tel:08088084994) open 4pm to 11pm 7 days a week

192 PT INFO - Patient resource leaflet

Author -CD/RS. Approved April 2023 Review date April 2024

<https://www.themix.org.uk>

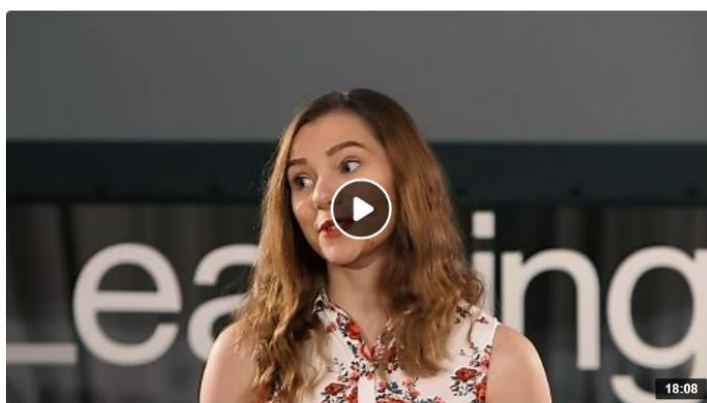
Book recommendation

The eating disorder recovery journal by Cara Lisette

Video

Catherine was a patient with us here in Leicester, she has given us permission to share her story, and to share that you are worth recovery, and you are worth a life. Please take a look at her story.

Video is available on YouTube just type in "after anorexia: life's too short to weigh your cornflakes".



After anorexia: Life's too short to weigh your cornflakes | Catherine Pawley | TEDxLeamingtonSpa
1.4M views · Feb 24, 2017

[YouTube](#) > [TEDx Talks](#)

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