



Providing NHS services



# Cost of living

To help with the **cost of living**, those eligible can get some financial support. See the following links for details:

**For Leicestershire:** <https://www.leicestershire.gov.uk/leisure-and-community/find-help-with-cost-of-living>

**For Leicester City:** <https://www.leicestershire.gov.uk/leisure-and-community/find-help-with-cost-of-living>

---

**VitaMinds Hub self-help webinars:** <https://www.vitahealthgroup.co.uk/news/webinars/>

**VitaMinds Hub cost of living page:** <https://www.vitahealthgroup.co.uk/cost-of-living/>

**VitaMinds Hub making people better series:** <https://www.vitahealthgroup.co.uk/news/podcasts/>

---

**Life Links** – Wellness and Mental Health Recovery, information, advice, courses, workshops, peer support.

<https://www.rflifelinks.co.uk/about-us/>  
0800 0234575

---

**Mental Health Matters** – Information, advice, guidance, one to one support, groups – North west leicester, Hinckley and Bosworth ages 18+

<https://www.mhm.org.uk/mental-health-wellbeing-recovery-service>  
0300 323 0189

---

**Leicestershire Crisis Cafes** – [mhm.leicestercrisiscafes@nhs.net](mailto:mhm.leicestercrisiscafes@nhs.net) 07816350215

---

**Turning Point** – Alcohol and Substance misuse, provide family and carer support, groups and 1:1 support.

0330 303 6000  
<https://www.turning-point.co.uk/services/leicestershire>  
<https://www.turning-point.co.uk/services/leicester>



## Counselling -

**Cruse Bereavement** – Advice and counselling for bereavement, available for children and young people,

<https://www.cruse.org.uk/get-support/>  
Helpline: 0808 808 1677, Online chat and Social Media

**Rutland House Counselling** – Counselling, CBT, Anger Management, private therapy with self-referral  
– <https://rhcp.org.uk/>

**Leicester Counselling** – Counselling for up to 1 year, self-referral, regular donation, 50 minute sessions, evening and private counselling available. 01162 558801 [admin@leicscounselling.co.uk](mailto:admin@leicscounselling.co.uk)  
<https://www.leicestercounsellingcentre.co.uk/>

**Qwell** – Online support for adults, free anonymous wellbeing support with online messaging, drop in chats, tools, therapeutic content and community support. <https://www.qwell.io/#offering>

**Kooth** – Online support for young people aged 16-25 including articles, discussion boards, a live chat and daily journaling <https://www.kooth.com/>

**Hub of Hope** – Signposting app to find local services, can be accessed on website or download app  
<https://hubofhope.co.uk/>

**Age UK** – Information and advice, day centre, befriending service, activities, helpline, handyman service, IT training, carers support <https://www.ageuk.org.uk/> Advice line 24/7 0800 678 1602, Leicester and Rutland 0116 2992233

**Silverline** - <https://www.thesilverline.org.uk/> 0800 4 70 80 90 Free confidential telephone service for older people providing friendship, conversation and support 24/7

**Citizens Advice** – Advice on benefits, consumer, debt/money, discrimination, family, health, housing, immigration, law and rights, work - Online referral

Leicester - <https://citizensadviceleicestershire.org/> / 0808 2787970 Leicester / 0808 2787854

Leicestershire, Rutland - <https://citizensadvicrutland.org.uk/>  
01572 723 494

# Get help now



Phone: 03300534230



[vitahealthgroup.co.uk](https://vitahealthgroup.co.uk)



Monday – Friday 8.00am – 8.00pm  
Saturdays 9.00am – 12.30pm

## Providing NHS services