

MY SELF REFERRAL

LEICESTER, LEICESTERSHIRE & RUTLAND

Worried about seeking help for your **mental health**?

Safe

Free

24/7

My Self-Referral is a safe, confidential option for children & young people under 18 living in Leicester, Leicestershire and Rutland.

Support is a click away. Visit the new My Self-Referral website below or scan the QR code...



MySelfReferral-LLR.nhs.uk

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