



Support and Help IN Education
Fylde Coast Mental Health Support Team



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Service	Who	Location	Additional information	Contact Details
ACE (Achieve, Change and Engagement)	Age 11 to 25	In Schools	<p>Supports young people to improve their emotional health and wellbeing and build resilience. Offering group and individual 1:1 person centred, open ended interventions.</p> <p>No prescribed length of intervention Out of hours phone support. Based in some schools and a G.P. practices.</p>	<p>Referrals (and confidential matters) email: confidential@ac-e.org.uk</p> <p>Telephone (Sally Temple, Director): 07717316883 or 07468600903</p> <p>Website: Home Page – ACE (a-c-e.org.uk)</p>
Barnardo's Lancashire Young Carers	Age 5 to 17	Multiple	<p>1:1 and targeted group work to support the CYP to manage their caring role. Utilising a whole family approach and referring and signposting to other agencies when required.</p> <p>Criteria 5 – 17yrs CYP caring for a family member within the home who is physically or mentally ill or misuses substances Self -referral Professional referral</p>	<p>Telephone: 01772 641002</p> <p>Referral email: lancashireyoungcarers@barnardos.org.uk</p> <p>Website: Lancashire Young Carers Barnardo's (barnardos.org.uk)</p>
BEAT	Children Parents &	Online	<p>BEAT is an Eating Disorder Charity which provides support through helplines, chatrooms and resources.</p>	<p>Website: The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)</p> <p>Helpline: 0808 801 0677</p>

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	Professionals		BEAT also offer training for professionals (particularly those in schools) which can be accessed online.	Open 365 days a year Weekdays: 9am to midnight Weekends: 4pm to midnight Webchat: Live Chat (beateatingdisorders.org.uk)
Blackpool Healthier Minds	Age 16 and over	South Shore Primary Care Centre	Blackpool Healthier Minds Service, (formerly known as Supporting Minds), offers a range of free psychological therapies to people aged 16 and over. They provide the Improving Access to Psychological Therapy (IAPT) service for Blackpool and Cleveleys. Blackpool Healthier Minds offers a range of brief therapeutic interventions to support people's needs, this includes; online, telephone and face-to-face treatment and therapy options. All treatment is FREE and provided by the Blackpool NHS Trust.	Telephone: 01253955700 Email: bfwh.healthierminds@nhs.net Website: Blackpool Healthier Minds Blackpool Teaching Hospitals NHS Foundation Trust (bfwh.nhs.uk)
CAMHS Fylde and Wyre (Children and Adolescent Mental Health Service)	For new referrals - up to age 16 For existing referrals, support is offered up to age 18	Whitegate Drive Health Centre	Offering a wide range of mental health support, from assessments to identify difficulties, a range of 1:1 therapeutic interventions, as well as providing information and advice to families, young people, schools and other professionals. *ADHD *Primary mental health service *CYWP	Telephone: 01253 957166 Email: ChildrensPsych.Fylde@lancashirecare.nhs.uk Referrals sent to: C&F.ReferralCentre@lancashirecare.nhs.uk

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<p>CAMHS Blackpool (Children and Adolescent Mental Health Service)</p>	<p>Up to age 18</p>	<p>Whitegate Drive Health Centre</p>	<p>Offering a wide range of mental health support, from assessments to identify difficulties, a range of 1:1 therapeutic interventions, as well as providing information and advice to families, young people, schools and other professionals.</p> <p>*ADHD *Primary mental health service *CYWP</p>	<p>Telephone: 0800 121 7762, Option 1</p> <p>Website: https://www.bfwh.nhs.uk/childrens/our-community-services/camhs</p> <p>Referrals sent to: bfwh.OPTIONS4cyp@nhs.net</p> <p>Online self-referral: NHS Lancashire and South Cumbria :: Blackpool CAMHS self-referral (healthyyoungmindsisc.co.uk)</p> <p>Monday to Friday – 9am to 5pm</p>
<p>CASHER (Child and Adolescent Support & Help Enhanced Response)</p>	<p>Up to 25</p>	<p>Based at Blackpool Victoria Hospital (A&E)</p>	<p>Blackpool Victoria Hospital, evening and weekends only.</p> <p>Provide emergency response for young people experiencing mental health issues including assessment of needs, risk and signposting</p> <p>Seminar/Meeting Room, Fylde Coast Birth Centre, Blackpool Victoria Hospital.</p>	<p>Website: CASHER - Child & Adolescent Support & Help Enhanced Response - FYi Directory</p> <p>Email: bfwh.casher.team@nhs.net Telephone: 07810 696565</p> <p>Team covers 365 days a year Monday to Friday – 5pm to 10pm Saturday & Sunday 10am to 8pm</p> <p>CASHER Weekend Clinic Saturday and Sunday 2pm – 3pm Evening wellbeing drop in @ The REACH-OUT Group Wyre Zone @Milton Street, Fleetwood Wednesdays 6.30 pm – 8.30pm Additional REACH-OUT Group at Talbot and Brunswick Family Centre Every Tuesday 6pm – 8pm</p>

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Change Talks	Any age	In schools	An education service seeking to revolutionise the way we think, talk and act about mental health and reduce the stigma. They deliver a mental health educational programme in schools to increase the resilience in CYPs. It is designed using both lived and professional experiences. This comprises of 6 sessions, lasting 1 hour per week covering topics such as: self-harm, drugs, social media, depression and bullying. Training also provided for foster carers and staff working residential services.	<p>Website: Change Talks :: Lancashire and South Cumbria NHS Foundation Trust (lscft.nhs.uk)</p> <p>Email: sam.tyrer@lancashirecare.nhs.uk</p> <p>Residential training sign up: Change Talks : Mental Health Awareness Training - FC0119 - Lancashire County Council</p>
ChatHealth	Age 11-19	Text Service	It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name. Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.	<p>Website: Chathealth.nhs.uk</p> <p>Response time: Within 24 hours, 9am to 5pm Monday to Friday (except bank holidays)</p> <p>Telephone: 07507 330510</p>
Child Action North West	Age 4 - 19 (up to 25 for adults with special educational needs)	Multiple Locations	<p>Work with CYP offering therapeutic 1:1 support i.e. play therapy in primary, one to one counselling in secondary school, CBT , EMDR, life story work, systemic family practice & family support through various partners under the C&F wellbeing service</p> <p>If schools would like to commission a therapeutic worker for the school this can be supplied.</p>	<p>Telephone: 01254 244596</p> <p>Email: ehwb@canw.org.uk</p> <p>Website: Emotional Health and Wellbeing Support - CANW</p>

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Childline	Anyone under 19	Online, Telephone and online chat	<p>Free helpline offers confidential telephone counselling and advice</p> <p>By signing up to childline, access will be given to their email and use of online chat</p> <p>You can talk about anything. Whether it's something big or small, their trained counsellors are there to support.</p>	<p>Telephone: 0800 1111</p> <p>Website: Childline Childline</p> <p>24hrs 7 days a week</p>
Children and Families wellbeing services Wyre & Fylde	Up to age 19 (up to age 25 for adults with special educational needs)	<p>Wyre Children and Family Wellbeing Service</p> <p>Milton Youth & Community Centre</p>	<p>Offer: 1:1 targeted support with a whole family approach for children and young people assessed as having unmet needs at level two of the Continuum of Need.</p> <p>CFW deliver a program of targeted group work for children, young people and families in our Neighborhood Centre's and local communities – pls contact CFW for specific group details</p> <p>Triple P parenting course & 1:1 intervention where required available via CFW</p> <p>Family group conference mediation available via CFW</p>	<p>Telephone: 01253 741 117</p> <p>Website-https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/</p>
Children and Young People's Psychological Service	Age 4-18	<p>Children's Psychological Services Fylde Coast 2nd Floor Whitegate Health Centre Whitegate Drive</p>	<p>A secondary level specialist service, that accepts referrals for children and young people presenting with moderate to severe psychological difficulties, who would likely benefit from specialist psychological assessment and therapeutic intervention for the child, young person and/or their parents or carers.</p> <p>Most children and young people are referred by health professionals such as doctor (GP), hospital or community paediatrician, school nurse, or health visitor.</p>	<p>Telephone: 01253 957166</p> <p>Email: ChildrensPsych.Fylde@lancashirecare.nhs.uk</p>

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		Blackpool FY3 9ES	Professionals in education and social care can also refer children and young people into the service.	
Cruse Bereavement Care Lancashire (Hope Again)	Age 12+	Multiple Locations	Cruse offers face-to-face, telephone, email and website support. They have a Freephone national helpline and local services, and a website (hopeagain.org.uk) specifically for children and young people. Cruses services are provided by a network of 5,000 trained volunteers and are confidential and free. Hope Again is the youth website of Cruse Bereavement Support. We offer support, advice and a type of signposting service solely online through our email address to bereaved children, young people, parents/guardians and professionals.	Email: lancashire@cruse.org.uk Telephone: 01772 433645 General Enquires- hopeagain@cruse.org.uk Website: www.hopeagain.org.uk
Eating Disorder Service	All ages	The Gateway South Stand Blackpool FY1 6JX	All age service supporting children and adults with eating disorders. Team made up of nurses, psychiatrist, therapists and dietitians. Criteria No CAF required Professional referral Self referral	Website: Eating Disorder Service :: Lancashire and South Cumbria NHS Foundation Trust (lscft.nhs.uk) Telephone: 01772 647004
Educational Psychologist	Ages 0 to 25	Multiple locations	Educational psychologists primarily work with young people who have special educational needs and disabilities (SEND). Psychology is used to help with the development of learning, communication, physical and sensory needs and social and emotional skills needed for adulthood and independence. They provide consultations (group and individual) and support staff development and parent and carers. The service can be accessed by key workers in nursery, class teachers in	Website: Educational psychologists - Lancashire County Council Telephone: 01524 581 200 (Fylde and Wyre) Parent/Carer Helpline Thursday's 12.30pm - 4.30pm (term time) Telephone: 01772 530 444

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			primary school and form tutor or head of year in secondary school.	
Fylde Coat YMCA	Age 14-19	In schools and communities Based at St Albans Road, Lytham St Annes, FY8 1XD	YMCA is a charity supporting needs of the local communities by delivering services, making health and fitness centres accessible, offering counselling support and housing advice support. They also offer a 6-8 week programme supporting emotional wellbeing.	Website: YMCA Fylde Coast Changing and Enhancing Young Lives (ymca-fyldecoast.org) Telephone: 01253 895115 Email: enquiries@fyldecoastymca.org
Key	Age 4 to 18	Multiple locations	The team is made up of counsellors and wellbeing coaches, offering 6 – 12 week interventions to meet the needs of the individual family. *Referral via C&F process *CAF required	Referral form can be accessed via www.lancashirechildrenstrust.org.uk Referral forms returned to cfwearlyhelp@lancashire.gov.uk
Kooth	Age 10 to 25	Online In schools	Kooth is a free, anonymous online chat and emotional wellbeing service for young people. Kooth also have a range of resources for teachers, parents and young people to access. Kooth also deliver training in schools and assemblies on a range of broad and targeted topics that are suitable for audiences including young people and parents.	Website: Home - Kooth Email: hhook@kooth.com (Lancashire Engagement Lead)
Lancashire Mind	All ages	Multiple Locations	Works across Lancashire with the ultimate goal of creating a happier Lancashire. Supporting people to build resilience and learn coping strategies. Together workshops	Telephone: 01772 520420 (Duty) Telephone: 01257 231660 Website: Children and young people Lancashire Mind

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			Provide information, tools, techniques & peer support to people who are supporting a young person with mental health difficulties Wellbeing challenge 10 sessions with 10 pupils from each school to create a wellbeing event & supporting schools to improve overall mental health	
Lancashire Positive Minds	Parents	Leyland	A service created by parents with lived experience of support their own children with mental health difficulties. Focussed around expanding the support for parents of children and young people with difficulties such as suicidal thoughts/attempts, self-harm, low mood, depression, ADHD, borderline personality disorders, eating disorders, OCD and more. Private facebook group developed for members to access and face to face meets are also planned.	Website: ABOUT US Lancashire Positive Minds Facebook group: Lancashire Positive Minds Facebook Phone number: 07713337182 (Susie) Email: enquiries@lancashirepositiveminds.co.uk
Learning Disability Team	Up to 18 years	Darwen, BB3 1AY	Support for CYP to best manage emotional wellbeing and physical health issues. Work with CYP and family undertake Criteria 0– 18yrs Diagnosed with a learning disability No CAF required. Fylde and Wyre provision GP reg School, GP & Professionals can refer Family can re-refer	Website: Community Learning Disability Service : Lancashire and South Cumbria NHS Foundation Trust (lscft.nhs.uk) Telephone: 01772 520 202 Email: LDReferralHub@lscft.nhs.u
Linden Centre	From 4 years	Trinity Hospice, Bispham	Group and one to one counselling for CYP for any type of bereavement. 1:1 counselling for any CYP who is living with, or helping to care for someone who has a non-curable, life limiting illness. 8 week therapeutic	Phone number: 01253 952582 Website: Counselling and support - Trinity Hospice

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			<p>bereavement group providing peer support/friendships alongside the therapeutic work.</p> <p>Schools Link service works with schools in Blackpool, Fylde and Wyre offering: 1:1 or group staff support, specialist training and support for school staff, support for parents, one-to-one counselling for pupils experiencing bereavement or significant loss group programmes on fostering resilience, understanding anger and transition from primary to secondary schools</p> <p>Referrals are accepted by anyone.</p>	Email: trinity.linden.centre@nhs.net
Mermaids	Children, Parents & Professionals (LGBTQIA+)	Online	<p>Mermaids is one of the leading LGBTQIA+ charities, empowering and supporting LGBTQIA+ children and young people and their families. Mermaids provide resources for young people, parents and professionals and also have a helpline, webchat and text chat to access support.</p>	<p>Website: Homepage - Mermaids (mermaidsuk.org.uk)</p> <p>Helpline: 0808 801 0400 Monday to Friday – 9am to 9pm Webchat Online Monday to Friday – 9am to 9pm Text Chat: Free 24/7 Crisis support Text MERMAIDS to 85258</p>
Mindsmatter	Age 16+	Face to face Online	<p>Mindsmatter are a wellbeing service that are part of the Improving Access to Psychological Therapies Service and offer free psychological therapies to people 16 or over in Lancashire. A self-referral can be made online for anyone registered under a Wyre or Fylde GP.</p>	<p>Website: Mindsmatter :: Lancashire and South Cumbria NHS Foundation Trust (lscft.nhs.uk)</p> <p>Self-Referral: Referral Form (mayden.co.uk)</p>
NCOMPASS - Counselling Phoenix and butterfly project	Age 11-18	In schools	<p>Counselling for young people experiencing or at risk of self-harm or struggling with other difficulties such as bullying, sexuality, gender identity, anger. Resources and information for parents and professionals is also available online.</p>	<p>Telephone: 03450 138 208</p> <p>Email: admin@ncompassnorthwest.co.uk</p> <p>Website: Home > Butterfly and Phoenix</p>

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<p>Nest Lancashire Victims Service</p>	<p>Age 10 to 18</p>	<p>Online</p>	<p>To support children and young people 10-18 who have been affected by crime or subjected to bullying, threats or harassment. Or has experienced an incident that has left them shaken and traumatised. It doesn't matter if they haven't reported it to the police. We can offer: One to one support, Peer support sessions, Help young people to ensure they feel safe again, Supporting the young person if they do wish to report the crime, Support for the young person throughout the process if a case goes to court, Information about young people 's rights as a victim of crime, Informal therapeutic support matter 8 week course – low – medium risk women effected by domestic abuse We matter 8 week programme for parents whose children have become the perpetrator of domestic abuse. Also have a text service and webchat service. Professionals can make referrals.</p>	<p>Website: Nest Lancashire - Supporting young victims</p> <p>Text NEST and your number to 60777</p> <p>Telephone: 0300 111 0323</p> <p>Email: info@nestlancashire.org</p> <p>Webchat: https://livechat.victimsupport.org.uk/newchat/chat.aspx?do-main=nestlancashire.org&timestamp=1681304460524&session=410-1681304460522</p>
<p>New Start</p>	<p>Age 4+</p>	<p>Multiple Locations</p>	<p>New Start offers therapeutic support to children, young people and adults throughout Lancashire.</p> <p>1:1 counselling Parent & child support</p> <p>Bespoke group work</p> <p>Staff support & mentoring</p> <p>Triple R programme (resilience, robust & resourceful)</p> <p>Can be referred by self, service, school.</p>	<p>Email: sarah@newstartltd.co.uk</p> <p>Telephone: 07788447077</p> <p>Website: www.newstartltd.co.uk</p>

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Neuro-developmental Pathway	Age 5 to 16	Whitegate Drive Health Centre, Blackpool, FY3 9ES	The Neurodevelopmental Pathway is an integrated multiagency pathway for CYPs who are causing parental and professional concern who require multiagency, specialist considerations of their needs. Referrals will be accepted from a professional and should be made using the School-Age ND Pathway referral form. The child must be registered under a GP in Blackpool, Fylde or Wyre.	<p>Website: Neurodevelopment Pathway Blackpool Teaching Hospitals NHS Foundation Trust (bfwh.nhs.uk)</p> <p>Telephone: 01253 952852</p> <p>Telephone: 01253 952503</p> <p>Email: bfwh.ndp.referrals@nhs.net</p> <p>Neurodevelopmental pathway coordinator – Denise Lightly</p>
NHS Mental Health and Wellbeing Helpline	All ages	n/a	A confidential and anonymous service that aims to support people's wellbeing and mental health who live in Lancashire through phone and text.	<p>Opening hours Monday to Friday – 7pm till 11pm Saturday & Sunday – Midday till midnight</p> <p>Text HELLO to 07860 022846</p> <p>Helpline: 0800 915 4640</p>
Papyrus (HOPELINE UK)	All ages	Online	Papyrus is a UK suicide prevention charity who seek to promote positive mental health and wellbeing in young people and reduce stigma. Papyrus have the digital platform "HOPELINK" where callers can revisit and update their suicide safety plans online. They also have the Hopeline UK helpline and text service for children and young people under 35 years who are experiencing suicidal thoughts and anyone who is concerned about a young person who is contemplating suicide.	<p>Website: HOPELINEUK Papyrus UK Suicide Prevention Charity (papyrus-uk.org)</p> <p>Email: admin@papyrus-uk.org</p> <p>HOPELINE UK – Opening hours 9am – midnight – 365 days a year Call: 0800 068 4141 Text: 07860039967 Email: pat@papyrus-uk.org</p>
Primary Mental Health Service CAMHS	Professionals working with children and	Whitegate Drive Health	Consultation with professionals regarding emotional health and wellbeing and CAMHS referrals.	Website: Children and Young People :: Primary Mental Health Workers (healthyyoungminds.lsc.co.uk)

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Fylde and Wyre	young people Parents	Centre and Community	Training workshops for professionals; Introduction to CAMHS, Mental Health awareness, staff wellbeing, anxiety, low mood, self-harm, Youth Mental Health First Aid 2 day & 1 day training courses and parent workshops.	
Samaritans	Any age	Online Helpline In schools	Samaritans provide confidential emotional support for people who are struggling with their mental health or people who are concerned about others. In addition to their free Helpline and email service, Samaritans also offer support to schools, colleges and communities through their postvention service, development of lesson plans and school talks. Support is not just available for young people but, parents and carers and educational professionals also.	Website: Samaritans Every life lost to suicide is a tragedy Here to listen Open: 24 hours, 365 days Telephone: 116 123 Email: jo@samaritans.org (please note that a response may take several days)
Shine Mental Health Support Team	Aged 11 to 18	In Schools	The Support and Help In Education Mental Health Support Team operate within education settings in the Blackpool, Wyre and Fylde areas. They aim to support children and young people's mental health and wellbeing by de-stigmatising mental health. They offer timely, direct, psychological interventions to prevent deterioration of emotional wellbeing. SHINE support mild to moderate difficulties with low mood, anxiety, phobias, managing emotions and adjusting to transition by providing 6 to 8 cognitive behavioural sessions either one to one or in a group setting. SHINE also signpost on to services who can provide the right support if the referral is not suitable.	Website: Fylde Coast Mental Health Support Team Blackpool Teaching Hospitals NHS Foundation Trust (bfwh.nhs.uk) Telephone: 0800 121 7762 (Option 4) Email: bfwh.shine-MHST@nhs.net
Silvercloud	Age 16+	Online	An online programme developed to overcome symptoms of low mood and anxiety that consists of evidence-based techniques based on Cognitive Behavioural Therapy.	Register online: Register online Blackpool Teaching Hospitals NHS Foundation Trust (bfwh.nhs.uk)

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			Self-referral for anyone registered with a Blackpool or Cleveleys GP.	
Speech and Language Therapy (SALT)	Any Age	Paediatric therapy, St Annes, FY8 2EP	Service is for children with speech, language, communication and/or eating and drinking difficulties. The aim of the Speech and Language Therapist is to help the child or young person to reach their full potential by providing assessment, diagnosis and intervention through programmes of activities, individual or group therapy and advice and support. Drop in clinics available.	<p>Website: Children's Speech and Language Therapy Service :: Lancashire and South Cumbria NHS Foundation Trust (lscft.nhs.uk)</p> <p>Telephone: 01253 951 101 Email: admin.paediatrictherapy@bfwh.nhs.uk Referrals to: bfwh.admin.paediatrictherapy@nhs.net</p>
START team (Specialist Triage, Assessment and Referral)	Age 16+	<p>Gateway Blackpool Football Stadium, FY1 6EQ</p> <p>Mountcroft Resource Centre, FY7 6AH</p>	Provides timely support for clients referred without the need for multiple assessments. The team comprises of consultant psychiatrists, mental health practitioners, nurses, social workers, psychologists, occupational therapists.	<p>Opening hours: Monday to Friday, 9am to 5pm</p> <p>Out of hours: Duty START practitioner from 4.30pm</p> <p>Blackpool: 01253 951 640 Fleetwood: 01253 955 944</p>
Tellmi	Age 11-25	<p>Head Office Health Foundry, Canterbury House, 1 Royal St, London SE1 7LL</p>	<p>Tellmi is the only pre-moderated (by humans) digital peer support app where posts are approved in minutes, not hours. It has been independently demonstrated to improve mental health and is loved by young people aged 11-25.</p> <p>Tellmi provides cost-effective, scalable support with no waiting times. Commissioned by the NHS, Tellmi data insights help the NHS, local authorities and the education sector to provide better, more targeted support to the young people in their care.</p>	<p>For advice email: info@tellmi.help</p> <p>Available on the Apple App store and Google Play</p>

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<p>The DEN Through the Empowerment Charity</p>	<p>Young People Professionals</p>	<p>Bispham Road, FY2 0HH</p>	<p>The Children's IDVA service offers specialised support to children and young people affected by domestic abuse. This can be through witnessing domestic abuse within the family or direct experience (young people in their own relationships).</p> <p>Any child or young person living in the Blackpool, Fylde & Wyre area who is: • currently living in a home with domestic abuse. • having contact with the abusive parent/perpetrator of abuse. • experiencing abuse within their own intimate relationship. • currently on a child protection/child in need plan due to exposure of domestic abuse. • part of a family which has been referred to MARAC</p>	<p>Opening hours Monday to Friday - 9am till 5pm</p> <p>Website: THE DEN Empowerment Charity</p> <p>Telephone: 0300 3232 100 (option 3)</p> <p>Email: admin@empowermentcharity.org.uk</p>
<p>Togetherall</p>	<p>Age 16+</p>	<p>Online</p>	<p>Togetherall is an online mental health resource. It offers a variety of support for anyone suffering from anxiety, depression, or just everyday stresses. The resource includes an anonymous community where members can support each other, talk, and share, as well as online self-guided courses.</p> <p>Togetherall is free for those over the age of 16 in Wyre to use</p>	<p>Website: www.togetherall.com/en-gb/</p>
<p>UR Potential</p>	<p>LGBTQIA+ Age 10 to 25</p>	<p>Central Drive, Blackpool, FY1 5JW</p>	<p>Girls group, trans group, girls matter project, art group, on community 121 support work emotional wellbeing, youth and adult training programmes available</p>	<p>Website: Home (urpotential.co.uk)</p> <p>Telephone number: 01253 344398</p> <p>Opening times Monday to Thursday – 9am to 5pm Friday – 9am to 4.30pm</p>

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Virgin school nursing	Age 4 – 19yrs	In Schools	<p>One to one work advice & support to children and families re: emotional health and wellbeing, physical health and general advice. Support and advice to schools, safeguarding, TAF, CIN & CP, signposting, PHSE, weekly school drop ins, health needs assessments</p> <p>*No referral required *No CAF required</p>	<p>Virgin Care North Hub – 0300 247 0040 (Monday to Friday 9am- 5pm)</p> <p>Website- Home - Lancashire Healthy Young People and Families Service (lancsyoungpeoplefamilyservice.co.uk)</p> <p>Email: VCL.019.SinglePointofAccess2@nhs.net</p>
We are with you	Up to age 25	Multiple Locations	<p>CYP emotional wellbeing support covering substance use, Home visits and work in schools and the community.</p> <p>CBT for CYP with low level anxiety and depression and also low level of experience of substance use. Hidden Harms</p> <p>Provide monthly ½ day training programme</p>	<p>Opening hours Monday to Friday – 9am to 9pm Saturday and Sunday – 10am to 4pm</p> <p>Website: Home - With You (wearewithyou.org.uk)</p> <p>Webchat available online for 13+</p>
Winstons Wish	Up to age 25	Online Multiple Locations	<p>Winston's Wish helps children, teenagers and young adults (up to the age of 25) through information about grief, on-demand helpline, email and live chat services, bereavement support and counselling, to support young people to understand their feelings, process their grief and find ways to move forward with hope for a brighter future.</p> <p>They help the adults who are caring for young grieving people, including parents, school staff and healthcare professionals, through information, resources, training and on-demand services.</p>	<p>Freephone Helpline is free to call on 08088 020 021 and offers advice, guidance and support following a bereavement.</p> <p>Referral for counselling: Make a referral to Winston's Wish Winston's Wish (winstonswish.org)</p> <p>Email for support: ask@winstonswish.org</p> <p>Chat online between 3-8pm, weekdays: Winston's Wish - giving hope to grieving children (winstonswish.org)</p>

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Young Minds	All ages	Online	Providing young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel. They empower parents and adults who work with young people, to be the best support they can be to the young people in their lives and give young people the space and confidence to get their voices heard. They offer signposting.	Website: YoungMinds Mental Health Charity For Children And Young People YoungMinds
Youtherapy	Age 11 to 25	26 Talbot Road, Blackpool	CYP 1:1 counselling service covering any issues effecting their emotional health and wellbeing (including, CBT, & EDMR for trauma issues). Walk and talk counselling can also be offered. Choice of venues where counselling takes place can be provided	Website: YoutherapY Blackpool Teaching Hospitals NHS Foundation Trust (bfwh.nhs.uk) Email: bfwh.youtherapy@nhs.net Telephone: 01253 955858 Drop in service Face to Face – Wednesday 3 till 5pm @ Talbot Road Or Call 0800 121 7762 (option 3)

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