Supporting the Mental Health and Emotional Wellbeing of Children &Young People (CYP)

Fylde & Wyre Service Directory



NHS
Lancashire & South Cumbria
NHS Foundation Trust

Service	Who	Location	Additional information	Contact Details
ADHD NW 	CYP and families, parents and carers		At ADHD North West, we empower children, young people, adults, and families affected by ADHD and associated conditions to thrive. Through free, compassionate, and personalised support, we build confidence, improve wellbeing, reduce isolation, and break down barriers—ensuring that no one has to face ADHD alone. Advocacy and emotional support is often provided for school issues, case meetings, and clinic appointments. Free online ADHD parenting courses also available.	Website ADHD North West | Suite 10, The Chambers, Town Hall Square, Great Harwood BB6 7DD Telephone 01254 886886 Mobile 07719510937
Adoption and Special Guardianship support fund		National information	The adoption and special guardianship support fund (ASGSF) provides funds to local authorities and regional adoption agencies (RAAs) to pay for essential therapeutic services for eligible adoptive, special guardianship order (SGO) and child arrangement order (CAO) families. The ASGSF model is based on the existing statutory framework for the assessment of adoption support, SGO or CAO support needs and the provision of support services. Further information can be found at Adoption and special guardianship support fund (ASGSF) - GOV.UK)	Adoption and special guardianship support fund team Email asf@mottmac.com Telephone 01223 463517

Aiming Higher	Supporting Children with SEND and Disabilities (& Their Families) In Blackpool, Fylde and Wyre	231-233 Church St, Blackpool FY1 3PB	**Families and young people do not need an open referral or diagnosis to access support.** We offer different levels of family support, counselling and events to families with children who have disabilities. Drop-In sessions are open every Tuesday (term time) 9.30am – 3pm here at our Centre. Or Our Advice Line is also available to families who need swift access to our team. Open every Thursday between 9.30am – 3pm by calling 07412 293979 Intensive family support Based at our Centre, we have a dedicated team who are committed to helping families and supporting them through the complex issues that parents with children who have disabilities and/or special educational needs face. We work in a family-centred way	Telephone 01253 206447/206448 Website Supporting Disabled Children And Their Families In Blackpool, Fylde and Wyre What we do | Aiming Higher Drop-In Sessions & Advice Line | Aiming Higher Referral form link Referral for Support | Aiming Higher Contact details Contact Us | Aiming Higher
Ambitious about Autism	Children and parents, families, caregivers	Nationwide	Autistic children and young people are at the heart of everything we do. We stand with them, champion their rights and create opportunities. We run specialist schools and colleges, national youth and employability programmes and we campaign for change. We work with others to increase autism acceptance. We see a future where every autistic child and young person can be themselves and realise their ambitions.	Website Understanding autism | Ambitious about Autism
A Team (S.E.N.D Group)	11-19 up to 25 with S.E.N.D	Fleetwood	**SEND group**: The group aims to work on life skills, improving communication skills, self- confidence & self- esteem in a group work setting. Runs on Mondays 6:30pm-8.30pm	Telephone 07929 665 227 Email michelle.beavers@lancashire.gov.uk
At a Loss	Everyone, CYP and adults		Welcome to the Ataloss.org bereavement, a Signposting and Information website	AtaLoss.org: UK wide bereavement signposting and information website | Find Support Now

AtaLoss 10 Years Helping bereaved people find support & wellbeing		Online, Telephone	AtaLoss Counsellor: **Live Chat Service** You can live-chat to a professional on AtaLoss Counsellor Chat on this website. Available 9-9pm Monday to Friday.	
Autistica autistica	Everyone	Online Nationwide	Autistica is the UK's leading autism research and campaigning charity. Our mission is to create breakthroughs that enable autistic people to live happier, healthier, longer lives. We do this by funding research, shaping policy and working with autistic people to make more of a difference	Website Home | UK autism charity | Autism research and campaigning | Autistica
Autism Unlocked autism unlocked	Anyone	Online	Autism Unlocked is a dedicated online space for autistic people and their families to **receive expert advice and guidance** on a range of issues. We want to make it easier for autistic people and their families and carers to access the best support available. Often, this starts with helpful advice and guidance from a reliable and trusted source. Created by Clinical Partners with NHS Lancashire and Cumbria, Autism Unlocked is a dedicated space for autistic people and their families to receive expert advice and guidance on a range of issues. Featuring videos, blogs and podcasts, all content is made with those who experience autism every day, whether that be an autistic individual, a parent of an autistic child, or a clinician who specialises in autism.	About us - Autism Unlocked LSC Integrated Care Board :: Learning disabilities and autism LSC Integrated Care Board :: Autism Unlocked (icb.nhs.uk) Sensory sensitivities - Autism Unlocked Family Resources - Autism Unlocked
ARFID Awareness UK ARFID AWARENESS UK	Charity	Nationwide	We are the UK's only registered charity dedicated to raising awareness and furthering information about Avoidant/Restrictive Food Intake Disorder. As a not-for-profit, we work to provide individuals, parents, carers and medical professionals with up-to-date relevant information, research and support. ARFID Awareness UK	Link for contact details CONTACT | ARFID Awareness UK

<table>
<tr>
<td>Barnardo's
My Time to Thrive

</td>
<td>Age 5 – 18

(25 yrs old if SEN)</td>
<td>Multiple
Face to face
Online</td>
<td>The service offers therapeutic one-to-one, group work and counselling support to children and young people aged 5 to 18 (extending to 25 years based on SEN need) within the whole of the Lancashire & South Cumbria integrated Care Board (ICB) area. The MyTime to THRIVE Service is NOT a crisis service. We provide support to children & young people with low – moderate mental health need
Offering support for the following (this is not an exhaustive list)

<table>
<tr><td>Emotional regulation</td><td>Self-harm</td></tr>
<tr><td>Anger</td><td>Behavioural issues</td></tr>
<tr><td>Resilience</td><td>Self esteem</td></tr>
<tr><td>LBGT+</td><td>& more</td></tr>
</table>

Including support such as:
Support for CYP diagnosed as neurodiverse
Support for CYP who identify as LGBT+
One to one and Group counselling
Play and Art therapy
Support for CYP & their families who have experienced trauma and/or abuse

Mild to moderate risk & will accept and support CYP who are currently self harming (low level only)</td>
<td>Telephone 01772 505138

Email
thrivelsc@barnardos.org.uk

Website
Lancashire and South Cumbria Thrive Service | Barnardo's

Referral form link: for professionals and for Self-referral form for parents & young people
Referral Form

Teaching staff
Please note, for referrals, please read the EHWP section of this document</td>
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<tr>
<td>Barnardo's

Lancashire Young Carers

</td>
<td>Age 5 to 17</td>
<td>Multiple</td>
<td>We support Young Carers under the age of 18 who provide regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances and are significantly affected by their caring role.

<u>We can help with:</u> Young people with caring responsibilities have all the challenges of being young, with all the responsibilities of being an adult. We support children and young people who care for and look after family members affected by health issues, disability or substance misuse. We help them look after their loved ones and give them time to enjoy their childhoods.

Accepting Self referrals & Professional referrals</td>
<td>Telephone 01772 641002
Email
lancashireyoungcarers@barnardos.org.uk

Referral form for parents / carers or professionals (online form) Lancashire Young Carers referral form | Barnardo's

Website Lancashire Young Carers | Barnardo's</td>
</tr>
</table>

BEAT	Everyone	Online	BEAT is an **Eating Disorder Charity** which provides support through helplines, chatrooms and resources. BEAT also offer training for professionals (particularly those in schools) which can be accessed online.	Helpline 0808 801 0677 Open 3pm – 8pm Monday to Friday. Helplines - Beat Website The UK's Eating Disorder Charity - Beat
Beacon Counselling Trust			**Gambling Support** Getting Help for Gambling-Related Harms - Beacon Counselling Trust https://beaconcounsellingtrust.co.uk/gambling-related-harms/	Getting Help for Gambling-Related Harms - Beacon Counselling Trust
Birchall Trust	Children	South Cumbria and across Lancashire	Supporting survivors of rape, sexual abuse or sexualised violence. We offer support to anyone aged 4 and above in South Cumbria and across Lancashire. Our services Male survivors Female Survivors Children (4 – 12 years) Young people (13 – 17 years) Family and Friends	Trauma Informed Support Services | The Birchall Trust | England Self-referral form and agency / professional referral form Referral Page | The Birchall Trust Telephone 01253 201946 Enquiries email enquiries@birchalltrust.org.uk

Fylde & Wyre CYPMHS & Children's Psychological Services **(CYPMHS – formerly known as CAMHS)** NHS Lancashire & South Cumbria NHS Foundation Trust	For new referrals - up to age 16 For existing referrals, support is offered up to age 18	2nd Floor Whitegate Health Centre Whitegate Drive Blackpool FY3 9ES	Child and Young People's Mental Health Services and Children and Young People's Psychological Services (CYPPS) provide appropriate access to specialist provision for children and young people with a broad range of emotional health, psychological distress and mental health disorders. Our main base is in Whitegate Drive Health Centre in Blackpool. Within Fylde & Wyre Integrated CYPMHS and Children's Psychological Services are the following: ADHD, CBT, Psychiatry, Psychological services, Primary mental health worker service and Children & young people's Psychological Wellbeing practitioners (CYWP's)	Telephone 01253 957166 Email camhscps.f&w@lscft.nhs.uk Online self-referral CYPMH Self-referral Form
Fylde & Wyre CYPMHS **Primary Mental Health Worker Team** NHS Lancashire & South Cumbria NHS Foundation Trust	Professionals, & Parents Families Caregivers & Children and Young People		The Primary Mental Health Service aims to promote inter-agency work across all sectors including schools, GP practices, Early Support and Voluntary Service Providers. Primary Mental Health Workers (PMHW) are a point of contact within the CYPMHS team, offering support and advice regarding the emotional health & wellbeing of children and young people (CYP). They can offer advice on referrals, implement pathways of support and provide information about other services available to CYP. Support the CYP workforce by offering consultation, liaison, advice and training. Offering consultation to families/parents/carers and professionals, regarding emotional health and wellbeing needs of children and young people (CYP), CYPMHS referrals, and appropriate pathways to support. Collaboration between agencies working with the CYP, to identify the best approaches to meeting their emotional and mental health needs and to facilitate decision making. To be a point of contact between specialist CYPMHS/CPS, primary and community services, e.g. GPs, schools, social care, and police, to name a few.	Telephone 01253 957166 Website and further information can be found here Healthy Young Minds :: Primary Mental Health Workers Email PMHWFyldeAndWyre@lscft.nhs.uk

NHS Lancashire & South Cumbria NHS Foundation Trust

CEOP 	Everyone	Nationwide	The National Crime Agency's CEOP Education team aim to **help protect children and young people from online child sexual abuse** We do this through our education programme, providing training, resources and information to professionals working with children, young people and their families. Child Exploitation and Online Protection Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to one of CEOP's Child Protection Advisors CEOP Safety Centre	Parent/ carer or professionals - Contact details for CEOP education team can be found CEOP Education Safety centre – make a report for child, young person, a parent, a concerned adult, or professional Direct link Report to CEOP
Child Action Northwest 	Age 5 - 19 (up to 25 for adults with special educational needs)	Multiple Locations	Child Action Northwest (CANW) offers interventions for the following **Horizon** - CANW and HCRG Horizon is a youth powered wellbeing initiative that puts emotional health, cultural identity and community connection at its heart. Horizon offers early support to children and young people aged 5-19 years (25yrs SEND) **Our Children and Young People's Wellbeing Practitioners (CYWP's) offer low intensity, evidence-based mental health support** for children and young people experiencing mild to moderate emotional and psychological difficulties, their work is grounded in Cognitive Behavioural Therapy (CBT) principles and delivered in accessible formats. **Our Voice** - CANW's Family Services Team has been commissioned by Lancashire and Cumbria ICB to provide a two-year project supporting children and young people in case across Lancashire and South Cumbria. **What are the aims of the service?** To improve the emotional health and wellbeing for children in care through early intervention and direct support. To help reduce demand on intensive support services by providing early intervention / prevention to de-escalate need for specialist intervention. To engage children and young people in meaningful consultation about their experience to evaluate the impact and effectiveness of the service	Website Home page - CANW To access the Horizon please speak with your school nurse. Our Voice Our Voice Referral form - CANW

			What is the support? Individual and Group Sessions Children and young people can access up to 10 tailored sessions, delivered face-to-face or remotely: 1:1 Therapeutic Support Child-led, person-centred sessions using CBT, psychodynamic, play based therapy and mindfulness to build coping skills and emotional awareness. Diversionary Activities Mindful walks, sensory-based creative tasks, grounding and breathing exercises, light sports/play and life-skills to boost confidence, reduce barriers to engagement and prepare for or sustain 1:1 or group therapy. Therapeutic Group Sessions Structured, age-appropriate activities such as art therapy, creative workshops, resilience building, anxiety management and mindfulness	
Child Bereavement	For all CYP and families, caregivers Resources for professionals	Online, Telephone	Winston's Wish and Child Bereavement UK have come together so that we can be there for more grieving children, young people and parents than ever before. We are now one unified charity: Child Bereavement UK We are Child Bereavement UK and we're here to help you to understand and manage your grief and feelings. Below you will find activities, including the Grief Galaxy, experiences from other grieving children and advice from our bereavement specialists. **Support**: If you'd like to speak to someone about your grief, our team of bereavement specialists are available to speak with right away, no need to book an appointment or join a wait list. You're welcome to reach our as much as you need. Resources for families and caregivers	Website link Child Bereavement UK Support is available between 8am and 8pm, Monday to Friday (except bank holidays). Text 07418 341 800, Telephone 0800 02 888 40 Email ask@childbereavementuk.org Professionals Use our contact form for referrals For CYP under 13 years old childbereavementuk.tfaforms.net/5069906

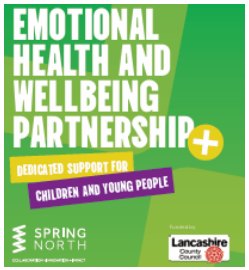
Child Bereavement UK REBUILDING LIVES TOGETHER			Films and animations | Child Bereavement UK Books and resources | Child Bereavement UK Supporting a bereaved child - for parents, families and carers | Child Bereavement UK **Resources for professionals** Support for the education sector | Child Bereavement UK Training for professionals | Child Bereavement UK	For CYP over 13 years old Please email the team using the above email address
Childline childline ONLINE, ON THE PHONE, ANYTIME	Childline is here to help anyone under 19 in the UK with any issue they're going through	Online, SMS text	Childline - We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you. Childline is yours – a free, private, and confidential service where you can talk about anything. We're here for you online, on the phone, anytime. Website Childline | Free counselling service for kids and young people Childline under 12's Childline for under 12s | Childline	Childline, online, on the phone, anytime Telephone 0800 1111 Ways to get support: Get Support | Childline
Children and Families' Wellbeing services (CFW) **Wyre & Fylde** Lancashire County Council	Up to age 19 (up to age 25 for adults with special educational needs)	Children and Family Wellbeing Hubs	The Children and Family Wellbeing Service (CFW) offers a wide range of support across the 0-19yrs+ age range (25 years for SEND) with a whole family approach. The service identifies as early as possible when a child, young person or family needs support, helping them to access services to meet their needs, working with them to ensure the support offered is right for them, is offered in the right place, and at the right time. CFW deliver a program of targeted group work for children, young people and families in our Neighbourhood Centre's and local communities.	Telephone Wyre 01253 741117 Fylde 01772 535135 For advice on CFW services email talkzone@lancashire.gov.uk Or Online Children and Family Wellbeing Service - Lancashire County Council

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Counselling in the community 	Ages 4+	Multiple locations	Counselling In the Community is **a local charity making counselling affordable and accessible to all, across Blackpool, Wyre and the Fylde**. We have a dedicated children's and young person's centre located in Bispham, a dedicated counselling centre located in South Shore and space within Fleetwood Hospital. Support for teens (age 13 – 17) We're proud to offer accessible and affordable counselling services to those in need, with sessions starting from as little as £5 to those who receive benefits.	Counselling in the Community | Blackpool | From £5 Telephone 0808 1963483 Email enquiries contact@citc.team
Define Fine (EBSA Support) 	Adults, parents, families, caregivers	National	Define Fine is a national **parent carer led peer support organisation**. Define Fine work with parents and professionals to find solutions to school attendance difficulties or barriers to education relating to SEND and physical or mental health, sometimes referred to as EBSA. **You can also follow us on Facebook:** www.facebook.com/Define-Fine-Parent-Peer-Support-for-School-Attendance-Difficulties **And join us in our Define Fine Parent Peer Support for School Attendance Difficulties Private Facebook Group:** https://www.facebook.com/groups/773420163493553/	Website Define Fine | Support for School Attendance Difficulties Contact us form - contact - definefine

Doherty's Destiny	All welcome	Cleveleys library	Suicide support group: Cleveleys library last Tuesday every month 5 – 7pm A group supporting people bereaved by suicide and promoting positive mental health. An informal group where you can come along and listen or talk, without pressure or judgement, in confidence to likeminded people who have experienced suicide.	Email dohertysdestiny@hotmail.com Address Cleveleys Library Rossall Road, Cleveleys, FY5 1EE Facebook
Eating Disorder Service NHS Lancashire & South Cumbria NHS Foundation Trust	All ages	Moor Park Health and Leisure Centre, Bristol Avenue, Blackpool, FY2 0JG	We offer assessment and treatment for people of any age who have **Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder or mixed eating disorder symptoms** (Other Specified Feeding or eating disorder). Our aim is to help people overcome their eating disorder and maintain their physical and emotional health. We provide support and therapy to people with an eating disorder and their families. Referrals: The first step to accessing support from the service is to speak to your GP about your concerns and difficulties around eating. As part of the referral process, we ask your GP to conduct blood tests and a physical health assessment, including weight and height	Telephone 01253 448025 Website Eating Disorder Service :: Lancashire and South Cumbria NHS Foundation Trust
Educational Psychologists	Ages 0 to 25	Multiple locations	Our team of educational psychologists work mainly with children and young people aged 0-25 who have **special educational needs and disabilities (SEND).** Educational psychologists use psychology to help children and young people with the development of learning, communication, physical and sensory needs, and social and emotional skills needed for adulthood/independence. **Early years providers, childminders, and parents of under 5s**	Lancaster, Morecambe, Fylde and Wyre Telephone 01524 581 200 Website Educational Psychology Service - Lancashire County Council

NHS Lancashire & South Cumbria NHS Foundation Trust

			We run workshops for practitioners and parents, group consultations, and targeted support. We support early years providers (such as nurseries) and childminders through online group consultations. These focus on problem-solving and provision.	
Early Help Wellbeing Partnership **(EHWP)** 	Up to 18yrs (up to 25 for SEND)	Fylde and Wyre	The EHWP includes services offering emotional health and wellbeing support to young people and their families. Alongside our core emotional health and wellbeing offer, we are able to provide access to specialist therapeutic support in areas including: • Anxiety, stress and emotional distress • Low mood, confidence and self-esteem Emotional regulation and managing difficult feelings • School avoidance and emotionally based school non-attendance (EBSNA) • Friendship, family and relationship difficulties • Bereavement, loss and significant life events • Attachment and relational trauma • Self-harm and emotional distress • Neurodiversity-informed therapeutic support • Domestic abuse and the emotional impact of family violence • Sexual abuse and trauma • Suicide bereavement, suicidal thoughts and self-harm recovery • Culturally responsive and culturally sensitive counselling • LGBTQ+ inclusive therapeutic support • Developing healthy coping strategies and emotional resilience • Other emerging emotional health and wellbeing concern **Delivery of this service will be countywide and will be provided by Spring North in partnership with eight highly experienced voluntary, community, faith, and social enterprise (VCFSE) agencies**	Referral via LCC & Early Help @ Level 2 request for 'Emotional Health and Wellbeing Commission Referral Professionals (excluding teaching staff) referral link Requesting support from Children's Services - Lancashire County Council Teaching staff follow Early help pathway

FFLAG FFLAG Supporting families and our LGBT+ loved ones with pride	Support for parents, caregivers, and families and their LGBTQI+ members		FFLAG is a national voluntary organisation and registered charity. FFLAG supports the full human and civil rights of lesbian, gay, bisexual, transgender and non-binary individuals. FFLAG offers **support to local parent groups** and contacts in their aim to **help parents and families understand, accept and support their lesbian, gay, bisexual and transgender members** with love and pride. The volunteers that form FFLAG are parents of lesbian, gay, bisexual or trans children supported by other volunteers. They provide a central point for exchange of information between parent's groups and local parent contacts.	Website Welcome - FFLAG Support Options - FFLAG - Supporting families and our LGBT+ loved ones with pride Helpline 0300 688 0368 | Wed & Thurs 10am to 8pm | Fri & Sat 10am to 6pm
Fylde Coast Women's Aid FCWA FYLDE COAST WOMEN'S AID	CYP, adults and professionals	Blackpool Fylde and Wyre	**Safe Haven- Children & Young People's Team:** The Safe Haven team provides support for children and young people (CYP) across Blackpool, Fylde and Wyre and training for professionals who work with CYP. Our projects: WIRED; Young People's Domestic Abuse Worker & Healthy Relationship Workers **WIRED project:** The project is accessible to CYP aged 9-18 across Blackpool, Fylde & Wyre. WIRED offers a range of holistic and therapeutic support to CYP who have been abused and or exploited. WIRED is able to offer support in the following circumstances: The CYP must be between the age of 9-18 of any gender. The CYP must live within the boundaries of Blackpool, Fylde & Wyre. The CYP has experienced current or historic CSE, this refers to abuse the child may have experienced through a relationship in person or online, without physical contact or The CYP has experienced or witnessed domestic abuse. **Healthy Relationships Work:** FCWA's Healthy Relationship Workers visit secondary schools across Blackpool, Fylde and Wyre and deliver sessions to 11-16 year olds, either via classroom lessons or during assemblies. Alongside mainstream secondary schools, workers also visit special education needs schools and pupil referral units to ensure the work reaches all young people across all three areas. All of the sessions delivered are in line with the PSHE curriculum and also meet some of the outcomes outlined in the Statutory RSE Guidance. Each school is offered at least 20 hours of delivery per academic year. Targeted group work for young people who are identified by schools as needing extra support can be provided.	Office telephone 01253 752014 FCWA helpline 01253 596699 Website Fylde Coast Women's Aid - Fylde Coast Women's Aid - FCWA Children - Fylde Coast Women's Aid - FCWA Referral form Children & Young People's Referral Form - Fylde Coast Women's Aid - FCWA Email address info@fcwa.co.uk. Please note that this inbox is only monitored Monday to Friday.

Fylde Coast YMCA	Age 14-19	In schools & communities Various locations	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 Youth & Community - YMCA Fylde Coast Email enquiries@fyldecoastymca.org
Galop	LGBT+ young people aged 13 to 25.	National	Galop specialise in **supporting victims and survivors of domestic abuse, sexual violence, hate crime, honour-based abuse, forced marriage, so-called conversion therapies, and other forms of interpersonal abuse**. The service that GALOP can offer young people includes but not exhaustive are Advocacy and Casework, Advice, Emotional Support, sexual violence advocate. Further details can be found here	Telephone 0800 999 5428 Email help@galop.org.uk Website Galop - the LGBT+ anti-abuse charity Children and young people - Galop - Galop
Healthy Young Minds	Under 18	Online	The Healthy Young Minds website is here to help you. Whatever is on your mind, you can find the information and support you need. Our **resources, links and suggestions and self-help** can help you feel more in control and are here for you to use whenever you like. **Self-referral to services:** If you are under 18 years old and feeling low at this time and think that you may need some specialist support, you or your family/carer can now self-refer into services rather than wait for a GP or other health professional to refer you.	Website Healthy Young Minds :: Information for children and young people For further details and the self referral form, please click here CYPMH Self-referral Form
Homestart	**Child in the family home aged 5 or under**		Home-Start Blackpool Fylde and Wyre also support families and groups, help families access local services, as well as holding events throughout the year. Starting in the home, our approach is as individual as the people we're helping. No judgement, it is just compassionate, confidential help and expert support. What we can help with: Being a parent has never been easy. It can be lonely, frustrating, heart breaking and over-whelming. Life-changing events can happen to anyone. That is why Home-Start is ready to support families through their	Website Home - Home Start Blackpool Common Questions Common questions - Home Start Blackpool Self-referral link Get help - Home Start Blackpool Telephone: 01253 728615

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<tr>
<td>HOME START Blackpool, Fylde & Wyre</td>
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<td>toughest times. Every Home-Start volunteer is trained to help them work alongside you to overcome the challenges you are facing. We work with you to build on your strengths and give you the support that you tell us that you need.

Home-Start BFW also offers support with finances, budgeting, community groups and signposting.</td>
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<tr>
<td>Hope Again is the youth website of Cruse Bereavement Support.

hope again young people living after loss</td>
<td>Age 12 – 25</td>
<td>Multiple Locations</td>
<td>Hope Again is the youth website of Cruse Bereavement Support.

It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.</td>
<td>Telephone 0808 8081677

Email helpline@cruse.org.uk

Website Hope Again</td>
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<tr>
<td>Key Unlocking Futures</td>
<td>Age 4 to 18</td>
<td>Multiple locations</td>
<td>We are part of a partnership working to support children, young people and families aged 4 - 18 across Lancashire access preventative and early-help support to improve emotional health and wellbeing. Under Lancashire County Council’s Emotional Health and Wellbeing Programme (EHWP), we are part of a consortium led by Spring North.

<u>The service, in general, helps young people with the following presentations:</u>
<table>
<tr><td>Bereavement, loss & separation</td><td>Depression, low mood</td></tr>
<tr><td>Anger problems, emotional control</td><td>Anxiety & stress management</td></tr>
<tr><td>Coping & resilience strategies</td><td>Self-harm</td></tr>
<tr><td>Problem-solving</td><td>Sexuality</td></tr>
<tr><td>Attachment Issues</td><td>Identifying and understanding Parent & Child patterns of interaction</td></tr>
<tr><td>Low self-esteem & confidence</td><td>Post Trauma support</td></tr>
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</td>
<td>Professional referral link
(non-teaching staff only)
Requesting support from Children's Services - Lancashire County Council

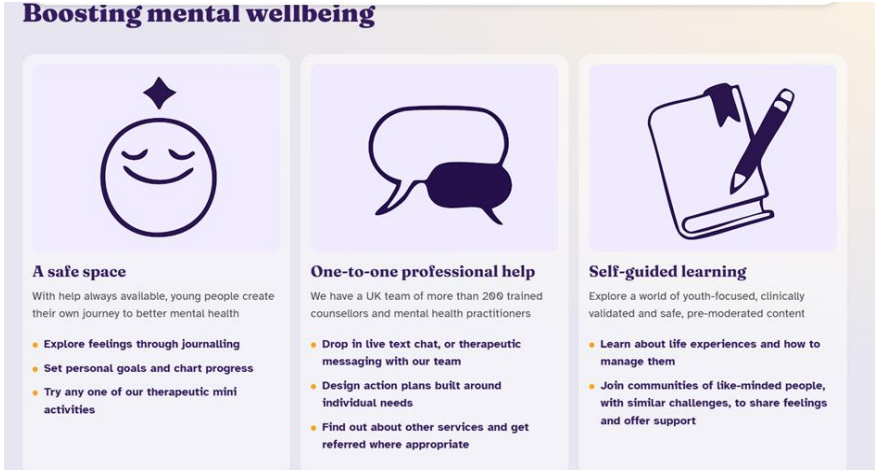
Teaching staff to follow Early help guidance, seeking Level 2 referral for therapeutic support

Website link: Help and Support for organisations and schools | Key Unlocking Futures

Key Unlocking Futures

Address</td>
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			We also have highly experienced staff supporting families whose child is on the Autistic Spectrum or is showing autistic traits and is awaiting a diagnosis. This support usually takes a whole family approach and can include: • Understanding autism and the triad of deficits • Understanding behaviour-why poor behaviour happens/how behaviour changes over time/strategies for behaviour management • Anxiety and autism/understanding triggers/working out strategies • Sensory issues/the 8 senses/how they work together/sensory strategies • Education matters/reasonable adjustments/EHC Plans/special education • Looking to the future	Key Unlocking Futures, Unit 2, Balfour Court, Leyland, Lancashire. PR25 2TF Telephone 01772 678979 NOTE For referrals, please read the EHWP section of this document
King's Trust Lancashire Fire and Rescue Service	Ages 16 - 25	Across Fylde and Wyre	The King's Trust operates a **12-week full-time course** is delivered by Lancashire Fire and Rescue Service staff. It is available for young people aged 16-25 years and is aimed at improving their **confidence, motivation, and skills**. Available for both unemployed and employed young people, it includes work experience, careers advice, qualifications, challenging projects, community action, and an action-packed team building week-long residential. During the 12-weeks, participants: Gain nationally recognised qualifications (Certificate in Teamwork, Employability and Community skills; Improve Numeracy and Literacy on a personal e-programme; Uncover hidden talents; Improve their motivation and self-confidence; Assume some responsibility and leadership; Develop team working and communication skills; Raise their awareness of their local community and how they can contribute to it.	Telephone Blackpool 01253 401283 Fleetwood 01253 879013 Website King's Trust | Lancashire Fire and Rescue Service Email enquiries KTBlackpool@lancsfirerescue.org.uk

Soluna by Kooth kooth	Age 10 to 18, up to 25 for SEND	Online	Kooth is a free, anonymous online chat and **emotional wellbeing service** for children and young people (CYP). 	Website / Live links Home - Kooth Kooth - the mental health and wellbeing platform for young people Email hhook@kooth.com (Lancashire Engagement Lead)
Lancashire County Council **LGBTQI+ group**	12 – 18-year-olds	The group is based in Fleetwood – all CYP welcome	A Youth Group for 12–18-year-olds who identify as LGBTQI+. You can make new friends, do fun activities, arts, crafts, information and more To find out more about times and location see contact information	Contacts Telephone Nina 07709 717047 Email nina.beavers@lancashire.gov.uk
Lancashire Mind	Ages 10-18	Multiple Locations	Children's in-person wellbeing coaching Our in-person wellbeing coaching is a paid for service available Lancashire wide, for young people living or attending school in Lancashire between 10-18 years old.	Telephone 01257 231660 Website Children & Young People - Lancashire Mind Direct link Children's Early Intervention Hubs - Lancashire Mind

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<tr>
<td>mind Lancashire</td>
<td></td>
<td></td>
<td>Topics that we can support with through wellbeing coaching include:

<table><tr><td>Low mood</td><td>Stress</td></tr><tr><td>Friendships</td><td>Routines</td></tr><tr><td>Relationships</td><td>Worry</td></tr><tr><td>Anxiety</td><td>Sleep</td></tr><tr><td>Anger</td><td>General health and wellbeing</td></tr></table></td>
<td></td>
</tr>
<tr>
<td>Lancashire Positive Minds

</td>
<td>Parents, families and caregivers</td>
<td>Online</td>
<td>Lancashire Positive Minds was founded in December 2019 by a parent with lived experience of supporting both her children with Mental Health and Neurodiverse needs. It was during a crisis situation that it was clear there was a gap in services for supporting parents and carers who are often at the forefront of caring responsibilities.

Whilst the children and young people are given access to services to support them, parents and carers often get unnoticed and left unsupported and unable to talk to friends and family for fear of judgement, criticism and burdening others with these difficulties.

To provide parents and carers with online support, practical advice, tips, strategies, training and an opportunity to share their experiences with other like-minded adults whilst supporting a young person thus ensuring that they aren't alone.</td>
<td>Phone number 07713 337182 (Susie)

Website

ABOUT US | Lancashire Positive Minds

Email
enquiries@lancashirepositiveminds.co.uk</td>
</tr>
<tr>
<td>Learning Disability Team</td>
<td>Up to 18 years</td>
<td>Fylde & Wyre</td>
<td>How we support and work with children and young people: Work directly with young people <u>with a learning disability</u>, and their families or carers, to promote health and wellbeing;

Provide specialist assessments to understand a young person’s needs and work together to support these, including individual or group-based approaches; Liaise with local specialist schools, if required, as part of a holistic approach to support the young person and their family; Assist with the transition to adult learning disability community health teams if there is an agreed identified health need; Support mainstream health and</td>
<td>Tel 01253 956514

Website Community Learning Disability Service :: Lancashire and South Cumbria NHS Foundation Trust

Email LDReferralHub@lscft.nhs.uk</td>
</tr>
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NHS Lancashire & South Cumbria NHS Foundation Trust

			mental health services to make reasonable adjustments, to allow young people with a learning disability to access them. We accept referrals from all agencies for children who are registered with a GP in the Fylde and Wyre (CCG) area. Parents and carers can refer through their GP, Social Worker, school or other professionals for children and young people that are registered to a GP in the Fylde and Wyre area.	A nurse is on duty Mon to Fri 9am to 5pm who can be contacted on 01772 520 202.
Lancashire Emotional Health and Wellbeing in Education Settings Service LEHWES	Schools	Fylde and Wyre	We are the Lancashire Emotional Health and Wellbeing in Education Settings Service (LEHWES), a small team of clinical psychologists working from Lancaster University. Our service is commissioned and funded by the Lancashire County Council Public Health Team. We take a preventative and early intervention approach, supporting settings to promote positive mental wellbeing and identify early those who may need more emotional health support. <u>Consultation and Coaching</u> We offer online consultation and discussion sessions with members of the LEHWES team each week. During these sessions you can talk to us about issues relating to children's mental health (either for individual children or at a group or whole school level), and about how you can put ideas from our training into practice to support children and young people, or you can use these sessions to discuss personal challenges relating to your own wellbeing at work. <u>Training Available from LEHWES</u> We offer a comprehensive range of training sessions for Lancashire school and college staff, organised into seven pathways of support. Training sessions are delivered either online via Microsoft Teams or in-person at our training base at Lancaster University	Website Mental Health Training for Education Staff | LEHWES Lancashire Consultation link Consultation and Coaching - LEHWES Training link Training Available from LEHWES

Liaison and Diversion Service	10 years +	CYP	The Liaison and Diversion Service works within the secure services within Lancashire and South Cumbria NHS Foundation Trust. The service is for all ages from 10 years old. Liaison and diversion intend to improve the health and justice outcomes for adults and young people who come into contact with **the youth and criminal justice systems** where a range of complex health and social care needs are identified as factors in their offending behaviour.	Telephone 07960 858 024 Office address Blackpool Police Station, Gerry Richardson Way, Off Clifton Road, Blackpool, FY4 4US Link Liaison and Diversion Service :: Lancashire and South Cumbria NHS Foundation Trust
Light Lounge Waythrough	16 years +	CYP	At Blackpool Light Lounge we address both your immediate crisis and longer-term recovery goals. We provide safe, high-quality support with an emphasis on understanding the factors which contributed to your crisis. The service equips you with strategies and tools to support your ongoing mental health recovery. We can support with: • Professional and specific individual advice in accessing appropriate help • Guidance and information on how to manage your mental health and develop coping mechanisms • Peer support from people who have been through similar experiences in talking through your issues and concerns • Access to other organisations who offer support with social crisis such as housing and benefits Who is this service for • People aged 16 or over • People living in Blackpool, Fylde or Wyre **DROP IN INFO:** Drop-in everyday between 4-10pm. (Between 4 – 9pm face to face, between 9 –10pm telephone support)	Blackpool Light Lounge - Waythrough Based at 259 Whitegate DriveBlackpoolFY3 9JL Opening times Monday – Sunday 1000-2200. Open every day of the year. Call us 01253 713277 / 07741 834840 Email us blackpool.haven@waythrough.org.uk Service manager Sophie.leatham@waythrough.org.uk
Linden Centre **Trinity Hospice**	From 4 years	Trinity Hospice, Bispham	The Linden Centre provides counselling and support to adults, children and young people living in Blackpool, Fylde and Wyre **who have, or are caring for, someone with a non-curative or life-limiting illness,** which is not responding to medical treatment. **Also those who are bereaved due to a non-curative or life-limiting illness.**	Phone number 01253 952582 Website Counselling and support - Trinity Hospice

Trinity Hospice Compassion and care			We offer a compassionate and comfortable environment that gives adults and children the help they need – or points them towards another service, if what will help them best is outside our scope. Our referral criteria: Anyone currently receiving care or support from Trinity's family of services; Anyone living with or caring for someone who is being supported by Trinity's family of services; A direct family member who is bereaved after the loss of someone who has been cared for by Trinity's family of services. Some of our services are unique – Schools Link, for example, which trains local teachers to support pupils who are struggling to cope after a major loss.	Email trinity.linden.centre@nhs.net
Mental Health Liaison Team	16 years and over		The mental health liaison team service provides a **rapid mental health assessment service for individuals aged 16 and over** who present to the accident and emergency department and medical assessment unit of the acute trusts. As part of our work we: Provide mental health assessments and advice for clients who are **in-patients** on medical wards within the acute trusts, Conduct comprehensive risk and mental health assessments to a standardised level of best practice, Offer advice and support to colleagues within the acute trusts	Telephone 01253 951640/ 956841 Address Blackpool Victoria Hospital, Whinney Heys Road, Blackpool, FY3 8NR Website Mental Health Liaison Team :: Lancashire and South Cumbria NHS Foundation Trust
Mermaids	CYP, Parents & Professionals (LGBTQI+)	Online	Mermaids is one of the leading **LGBT+** charities, empowering and supporting LGBT+ children and young people and their families. Mermaids support trans, non-binary and gender diverse young people, their families, friends and professionals. Mermaids is a safe place for transgender, non-binary, and gender diverse CYP to find support and help one another. Also offering **parent groups** and support Youth Community group for trans young people Our online community is a safe space for you to ask questions, talk about how you are doing, and share experiences with others MANGO (Mermaids' Advocacy Network Group Online): an activism and advocacy programme for trans young people, designed to empower and	Helpline 0808 801 0400 Monday to Friday – 9am to 9pm Website Homepage - Mermaids WebChat Chat online with a member of the team Our support line is open Monday-Friday 1pm-8.30pm, please check back another time if the service is unavailable. Webchat: Text MERMAIDS to 85258 Text Chat: Free 24/7 Crisis support

NHS Lancashire & South Cumbria NHS Foundation Trust

			upskill the changemakers of tomorrow. Build friendships and connect with other trans young people. Develop their confidence and advocacy skills in a supportive, welcoming environment. Access a variety of online education sessions designed to empower and upskill. Attend our annual in-person TRANSCEND events, filled with workshops, panels, guest speakers and more.	MANGO: An advocate programme from Mermaids - Mermaids
Nest **Lancashire Victims Service** 	Age 5 to 18	Online	We are a charity, you can talk to us in confidence, and all of our services are free of charge. Our aim is to help you recover from whatever it is you have experienced and our trained, friendly staff will be able to help you move forward and feel safe again. To support children and young people 5 -18 years old (up to 25 yrs for anyone with a learning need) who have been **impacted by crime** such as **domestic abuse - sexual abuse - emotional or physical abuse - threats - grooming and sexual exploitation - or subjected to bullying - hate crime - harassment and stalking - controlling behaviour - online crime - sexting and revenge porn - criminal damage, theft and burglary**	Telephone 0300 111 0323 Website Nest Lancashire - Supporting young victims Text NEST and your number to 60777 Self-referral link Nest
Neurokin	Parents	Fylde cricket club, Poulton le Fylde and online	A **lived experience peer support group for parents and carers of neurodivergent children and young people** (both diagnosed and undiagnosed) covering the Fylde Coast. We meet during term time on the first Tuesday of each month at Fylde Cricket Club, Poulton (11.00am to 12.30pm) and on the third Tuesday of each month at various locations (11.00am to 12.00pm). We also have a lending library for parents. Parenting a neurodivergent child can sometimes feel a difficult journey but with Neurokin Family you are not alone. Come and join us for a brew and chat! Date and Time: 1st and 3rd Tuesday of the month, term time only	Email contact neurokinfamily@gmail.com Social media Active on Facebook (Neurokin Family) Neurokin Family | Poulton le Fylde | Facebook

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<tr>
<td>Neu Way</td>
<td>CYP and families, parents, caregivers</td>
<td>All ages</td>
<td>From 6 July 2026, families across Lancashire and South Cumbria will be able to access Neu Way Support, a new service for families of children and young people aged 0–25 who may have autism, ADHD or other neurodevelopmental differences. The service is available based on need, which means you do not need a diagnosis to get support.

Neu Way support offers early advice, guidance and practical support for children and young people with neurodevelopmental needs and for those who care for them.

Whether you’re at the beginning of your journey, awaiting an assessment, have recently received a diagnosis, or simply need someone to talk things through with, we’re here to help.

Our aim is to ensure every family can access trusted advice, practical support and local connections at the earliest opportunity, helping you feel informed, supported and confident about the next steps.</td>
<td>

How do I access the service?

Families can refer themselves directly

Website link Neu Way Support - Spring North - Funding & Support for Charities in the North West</td>
</tr>
<tr>
<td>New Start</td>
<td>Age 4+</td>
<td>Multiple Locations</td>
<td>Our one-to-one support, for children and young people, is a bespoke service that ensures that each individual receives the care and compassion that they deserve.

New Start offers therapeutic counselling support to children, young people, families, Special Guardians and adults throughout Lancashire. We support CYP with the following areas of difficulty:

<table>
<tr><td>Significant anxiety</td><td>Trauma</td></tr>
<tr><td>Significant loss</td><td>Self-harm</td></tr>
<tr><td>Bereavement</td><td>Breakdown in family relationships</td></tr>
<tr><td>Low self-esteem</td><td>Non-School attenders</td></tr>
</table>
</td>
<td>Telephone 07788 447077

Email businessmanager@newstartltd.co.uk

Website Home - New Start Ltd

Professionals' referral link Requesting support from Children's Services - Lancashire County Council

Teaching staff</td>
</tr>
</table>

New Start			<table><tr><td>Specialist support for looked after children and families</td><td>Domestic violence</td></tr><tr><td>Vulnerable children and young people</td><td>Anger and challenging behaviour</td></tr></table> 1:1 counselling; Bespoke group work; Staff support & mentoring; Triple R programme (resilience, robust & resourceful). Can be referred by self (private support), EHWP services, professionals and school.	Please note For referrals, please read the EHWP section of this document
Neuro-developmental Pathway	Age 5 to 16	Whitegate Drive Health Centre, Blackpool, FY3 9ES	The Neurodevelopmental Pathway is an integrated multiagency pathway for children and young people, who are causing parental and professional concern and 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.	Telephone 01253 952852 Website Neurodevelopmental Pathway :: Blackpool Teaching Hospitals Email bfwh.ndp.referrals@nhs.net
NSPCC			Support for Children and Young people National Society for the Prevention of Cruelty to Children. Provides assistance in case of child abuse. If a child has suffered abuse, past or present, they can contact the NSPCC, so they can put **interventions in place** to either prevent further abuse or to deal with abuse that happen to the individual way back in time For families/parents and caregivers https://www.nspcc.org.uk/advice-for-families/ Support & advice for families | NSPCC Working with schools	Telephone 0808 800 5000 Telephone online safety 0800 800 5002 Text Message 88858 Website NSPCC | The UK children's charity Email help@nspcc.org.uk

NSPCC			**Speak Out Stay Safe** Speak Out Stay Safe is a safeguarding programme consisting of assemblies and workshops, for children aged 5-11 years-old. It is available to all primary schools in the UK **Talk Relationships** Talk Relationships supports all UK secondary schools to confidently deliver inclusive sex and relationships education. We want all young people across the UK to understand healthy behaviours in relationships and recognise their right to be safe, heard and respected. And we want them to know how to get help from a trusted adult if they need it	
ORCHA Health	Everyone	Online, mobile phone apps	Mobile phone applications approved by the NHS. For various emotional and mental health difficulties	Lancs & South Cumbria Microsite URL https://lscft.orchahealth.com/en-GB
PEGS PEGS PARENTAL EDUCATION GROWTH SUPPORT	Parents, carers and guardians		We support parents dealing with **Child to Parent Abuse** PEGS is a social enterprise set up to support parents, carers and guardians who are experiencing child to parent abuse, including those with adult offspring. We understand how complex and isolating this experience can be, and our focus is on providing a safe, non-judgemental space where families feel heard, supported, and empowered to move forward. While we do not work directly with the child displaying the behaviours, we have a trusted network of partners whose expertise lies in this area, ensuring families can access the right support when they need it. Alongside this, we train frontline professionals to recognise and respond to child to parent abuse with confidence and compassion	Accessing support To access support from PEGS, parents and carers will need to complete a self-referral form. Link to self-referral form Lamplight API response Website PEGS | Child to Parent Abuse Support for Parents & Carers

Police **Neighbourhood police teams** 	All ages		Local policing is at the very heart of what we do – we want Lancashire to be a better place to live, work and visit. We operate across three 'divisions' – East, West and South. Each of these divisions has a number of specialist officers dedicated to keeping you safe including **Neighbourhood Policing Teams**. These consist of **Neighbourhood Policing Officers**, **Task Force Officers,** including Rural Task Force Officers, and **Police Community Support Officers**. They work together with colleagues across the force to tackle local policing priorities and keep our communities safe. Lancashire is committed to Neighbourhood Policing and the three Pillars that underpin it – Engagement, Problem solving and Targeting activity **Coffee with a Cop: Local drop ins** Please check your local police station website or Lancs police website for dates and venue listing for this monthly drop in session	Wyre contacts Cleveleys ThorntonandCleveleys.NPT@lancashire.police.uk Garstang & Poulton GarstangOverWyreandPoulton.NPT@lancashire.police.uk Fleetwood Fleetwood.NPT@lancashire.police.uk Fylde contacts Kirkham Kirkham.NPT@lancashire.police.uk St Annes StAnnes.NPT@lancashire.police.uk
Proud Trust	CYP, families and professionals	Online	Proud Connections is The Proud Trust's programme of bespoke **support for LGBT+ young people and the adults in their lives**. Are you LGBT+ or questioning your gender or sexuality and looking for someone to talk to? Are you supporting an LGBT+ young person and need information, advice or someone to chat to? Chat to our youth workers on our Live Chat. Proud Connections Live Chat is available across the UK. Proud Connections Mentors programme pairs LGBT+ young people with trained LGBT+ adult mentors for regular online support sessions. The programme is open to LGBT+ young people aged 16 – 19 (up to 25 with additional needs) across the UK.	Telephone 0161 660 3347 Referral for a mentor Referring to The Proud Trust - The Proud Trust Live chat link Proud Connections Live Chat - The Proud Trust Training, Resources and Education - The Proud Trust

			Proud Connections is The Proud Trust's programme of bespoke support for LGBTQ+ young people and the adults in their lives <u>Training, resources and Education area</u> Areas of support you can find here: 	
Reach Out ASC			Consultancy services are provided by one of our team of autism specialist teachers. While we are not a parent support service, we usually **signpost** people to the following excellent websites and resources. We will set up a Service Level Agreement (SLA) with your school to provide specialist teacher support for children with or without an EHCP. This usually consists of monthly or half-termly visits (other arrangements can be arranged dependent on needs). Once the SLA has been made you are assured of the regular contact and input from us to be able to support the pupil as well as possible. We offer email or phone contact between visits so that you know we are there to help with any issues that may arise between visits. We treat every child as an individual and work to develop a good relationship with parents and carers alongside the school. The new SEND Code of practice stipulates that the class teacher has responsibility for	Where you can find us: Reachout ASC, Office 2, Croston House, Lancashire Business Park, Centurion Way, Leyland, Lancashire. PR26 6TU Email office@reachoutasc.com Telephone 07753 125935

			teaching and tracking the progress of children with SEND. We work hard to come alongside class teachers, parents, teaching support staff and SENCOs to build a strong effective support system around the child.	We welcome enquiries about support, information about autism and about training. Website: Autism Support Specialists Lancashire - Reachout ASC Ltd
Samaritans 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. **Support groups for people bereaved by suicide - Samaritans runs Facing the Future, free online peer support groups for people bereaved by suicide.** Facing the Future groups give you the opportunity to meet others who have lost someone to suicide and share your experiences and feelings. You can find out more about the groups and **book a place on the Facing the Future website.** **What do Facing the Future groups involve?** Support group run weekly for six consecutive weeks and last for 90 minutes with up to 10 participants. Groups are free of charge and are run by two trained volunteer facilitators from Samaritans. There are a variety of days and times available.	Telephone 116 123 Website Samaritans | Every life lost to suicide is a tragedy | Here to listen Open 24 hours, 365 days
SCAYT+	Children who are looked after	Supporting carers and young	SCAYT+ **work with Looked After Children, Adopted Children (and Children subject to SGO),** living within the boundaries of Lancashire, for which Lancashire County Council has statutory responsibility.	Telephone 01772 533703

		people together	To make a referral to SCAYT+, the social worker designated to the child needs to complete an assessment to identify therapeutic support is required, and then will complete a 'SCAYT+ Request for involvement' form on LCS. SCAYT+ (**supporting carers and young people together**) work on the basis of strengthening the relationships between the care giver and the child or young person.	For us to be as effective as possible we ask that our Request for Involvement form (RFI) is completed. Please email us at cypscayt@lancashire.gov.uk to request our RFI form
Lancashire Health Visiting and **School Nursing team** Lancashire Health Visiting and School Nursing	Age 5 – 19yrs Age 25 for SEND	In Schools	Our school nursing service carries out the National Child Measurement Programme and School Health Needs Assessments and also provides advice on health promotion and health issues for older children and teenagers. Offering 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 Monthly Drop in information - Speak to a member of our school nursing team about various health topics including emotional health, diet, healthy lifestyles, sleep, bed-wetting & constipation, head lice and behaviour.	Telephone 0300 247 0040 (Monday to Friday 9am- 5pm) Website lancschildandfamily.co.uk
SENDIASS Lancashire SEND IAS Information, advice and support for Special Educational Needs and Disability	Parents of CYP with special educational needs and CYP with SEND.	Various	Lancashire SEND Information, Advice and Support Service is a statutory service which is run at 'arm's length' from the Local Authority and provides free, confidential, impartial advice, guidance and support to parents of children with special educational needs and children and young people with SEND. Do you know or are you a parent, child or young person who could benefit from our Special Educational Needs and Disabilities Information, Advice, and Support services? Please **complete this referral form** to connect them with our dedicated team	Website link Home - Lancashire SENDIAS Tel 0300 123 6706 Monday to Friday 9am to 5pm Email information.lineteam@lancashire.gov.uk
SHINE	Children and young people	Various school locations	They Support and Help in Education Mental Health Support Team operate within education settings in the Blackpool, Wyre and Fylde areas.	Telephone 0800 121 7762 (Option 4)

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(MHST) SHINE			The team's aim is for young people to know what to do to look after their emotional wellbeing. We aim to do this in a non-stigmatising way so that emotional wellbeing and mental health can be championed and talked about in the same way as physical health. We aim to offer timely, direct, psychological interventions to prevent deterioration of emotional wellbeing. We want to get the right treatment to the right person at the right time and may signpost to a more appropriate local provider or support referral to specialist services. It must be remembered that **SHINE MHST** only supports students with mild to moderate mental health difficulties through time-limited intervention (one-to-one or group support at their school or support over the telephone or online), where symptoms have been present for less than 12 months. If presenting needs are unsuitable for low intense therapy, SHINE MHST can offer signposting to other specialist child and adolescent mental health services.	Website SHINE (Fylde Coast Mental Health Support Teams) :: Blackpool Teaching Hospitals Email bfwh.shine-MHST@nhs.net
Solace @ Empowerment	Any	333 Bispham Rd, Blackpool FY2 0HH	Suicide Bereavement Support We provide peer support, therapeutic support, and family drop-ins and outings to help those affected by suicide navigate their grief and find a supportive community. Our approach is human-centred, ensuring that everyone's needs are met with compassion and understanding.	Suicide prevention & Bereavement - Empowerment Charity
SPECIALIST SCHOOL LIST FOR LANCASHIRE			Website link Maintained special schools - Lancashire County Council	
Speech and Language Therapy Team **(SALT)**	Any Age	Paediatric therapy, St Annes, FY8 2EP	The Speech and Language Therapy team cover a wide range of therapies for adults and children with speech and language problems. The service is available in the community throughout Blackpool, Fylde and Wyre and North Lancashire. The Children's Speech and Language Therapy Service aims to provide evidence-based services that anticipate and respond to the needs of children and young people who experience speech, language and communication difficulties.	Telephone 01253 951101 Website Children's Speech and Language Therapy :: Blackpool Teaching Hospitals Email admin.paediatrictherapy@bfwh.nhs.uk

			We work in partnership with individuals and their families and with other professions and agencies to reduce the impact of these often hidden and isolating difficulties on people's wellbeing and their ability to participate in daily life.	Link to referral form Making a referral to NHS Speech and Language Therapy :: Blackpool Teaching Hospitals
START & Adult Community Mental Health Team **(CMHT)**	Age 16+	Gateway Blackpool Football Stadium, FY1 6EQ Mountcroft Resource Centre, FY7 6AH	The Community Mental Health Team (CMHT) currently performs two functions. The main function of the team is to support service users who require a multi-disciplinary approach under the Care Programme Approach. The Team consists of Registered mental health nurses, social workers, Approved mental health professionals, Advanced practitioner in social work, Consultant psychiatrist, Psychologists, Support time and recovery workers, Occupational therapists and healthcare assistants.	Telephone Blackpool 01253 951 640 Fleetwood 01253 955 944 Opening hours: Monday to Friday, 9am to 5pm. Out of hours: Duty START practitioner from 4.30pm Website Community Mental Health Team (Adult) :: Lancashire and South Cumbria NHS Foundation Trust
Talking Therapies **(formerly known as Mindsmatter)**	Age 16+	Face to face Online	Mindsmatter is now known as **NHS Lancashire and South Cumbria Talking Therapies** and is provided by Lancashire and South Cumbria NHS Foundation Trust. We are a psychological therapy service offering a range of free talking therapies to people aged 16 and over in Lancashire and 18 and over in South Cumbria. Talking Therapies offer a range of brief psychological interventions to support people's differing emotional needs.	Telephone 01253 955943 Website Talking Therapies :: Lancashire and South Cumbria NHS Foundation Trust Self-Referral link Self-referral :: Lancashire and South Cumbria NHS Foundation Trust
The DEN	CYP & families & Professionals	Bispham Road, FY2 0HH	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). 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	Telephone 0300 3232 100 (option 3) Opening hours Monday to Friday - 9am till 5pm Website About Us - Empowerment Charity

The DEN @ Empowerment Charity			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	Email admin@empowermentcharity.org.uk
The Wish Centre	11 – 19 year olds	Online	We offer a range of programmes for children and young people, aged 6-18yrs, affected by **domestic abuse** and those **at risk of using abusive behaviours.** **Programmes include:** Expect Respect Young People's Recovery toolkit Growing Together Parachute Please see website using the above link, for more information.	Telephone 0300 561 0440 Email info@thewishcentre.org Website link Home | The Wish Centre Link to children & young people programme list Children & Young People Programmes | The Wish Centre
Togetherall	Age 16+	Online	Togetherall is an **online mental health resource**. It offers a variety of support for anyone suffering from anxiety, depression, or just everyday stresses. Togetherall is your **online peer community** where understanding members and professionals are always ready to listen, empathise, and offer guidance. The resource includes an anonymous community where members can support each other, talk, and share, as well as online self-guided courses. **Trained Peers** are there to provide peer support and help maintain a vibrant, welcoming space on Togetherall. They are members of the community who have worked through a training programme, designed and delivered by our clinical team, on how to be a more supportive peer, drawing on their lived experience and passion for mental health to support others.	Website Togetherall https://togetherall.com/en-gb/ Why Join? | Togetherall Member Enquiry | Togetherall

Trauma informed Lancashire Trauma Informed Lancashire	All		Trauma Informed Lancashire is a movement supporting public, private and third sector organisations and communities in understanding how psychological trauma can impact individuals and considering implications for their services. Delivering training and workshops to professionals, school senior leaders and more	Home - Trauma Informed Lancashire Resources - Trauma Informed Lancashire
We are with you withyou	Up to age 25	Multiple Locations	Support for young people and families. For children and young people / families in Lancashire, who are worried about **drugs or alcohol**. Whether you're looking for advice for yourself, or for someone else, we work with you to make sure you get the right support. When it comes to recovery, we know that everyone's goals are different, whether that's making small changes, stopping completely, or finding new ways to stay safe and healthy. Chat to one of our trained Recovery Workers online to get free, confidential advice and information.	Telephone 0808 1640074 Website Support for Young People and Families in Lancashire | WithYou Referral form Lancashire With You DUST Referral Form Chat to a recovery worker Talk to Us Confidentially Online | WithYou
YGAM Ygam	Education settings, health and social care Professional Parents and carers		We are the UK's leading charity dedicated to preventing gaming and gambling harms among young people. Through engaging, evidence-based training, you'll develop a deeper understanding of how gaming and gambling affect young people's wellbeing, confidence in identifying early warning signs, and practical strategies for intervention.	For parents & carers | Ygam Parents & carers workshop options | Ygam For teachers & youth workers | Ygam
Young Minds	All ages	Online	We provide young people with the **tools to look after their mental health**. We empower adults to be the best support they can be to the young people in their lives. Whether you want to understand more about how you're feeling, get information about a mental health condition or find support, our guides can help. If you need help speaking to someone, start with our guide to reaching out for help.	Support for parents via the Parenting helpline 0808 802 5544

YOUNGMINDS			**Support for schools** Training offers: Working with children and young people can be rewarding and fulfilling, but it can be difficult sometimes too. Whether you want to support a young person when they open up about their mental health or want to better involve them in your work, it's not always easy to know what to do. We're here to offer you the resources, training and consultancy you need so you can be there for the young people in your life and help to amplify their voices in the services and decisions that affect them. Together, we can make a difference.	Website YoungMinds | Mental Health Charity For Children And Young People | Young Minds Contact link How To Contact YoungMinds | YoungMinds Link to guide Reaching Out For Help With Your Mental Health | YoungMinds
YoutherapY NHS	Age 11 to 25	Face to face, online and telephone	YoutherapY offers assessment and a range of talking therapies including counselling, Integrative, Interpersonal Therapy for Adolescents (IPT-A), solution-focused therapy, Eye Movement Desensitisation and Reprocessing (EMDR), person-centred, Cognitive Behavioural Therapy (CBT), systemic family practice and a resilience counsellor for young people. YoutherapY offers face-to-face, telephone and video appointments at the Connect Centre in central Blackpool and in a variety of community venues. Drop in - YoutherapY also offer a drop-in service every Wednesday afternoon, 3pm- 5pm where no appointment is necessary. Face to Face on Wednesdays 3 - 5pm: Talbot Road Youtherapy work closely with a number of local schools including the Educational Diversity provision, providing schools-based therapists who work in partnership with the school to support young people. We are also based at numerous community venues across Blackpool Fylde and Wyre including GP practices.	Office address: 26 Talbot Road, Blackpool FY1 1LF Telephone 01253 955858 Website YoutherapY :: Blackpool Teaching Hospitals Email bfwh.youtherapy@nhs.net Or Call 0800 121 7762 (option 3)

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Mobile Phone Applications

NHS Lancashire & South Cumbria NHS Foundation Trust

(available via App stores on devices mostly free - some have some in app purchases)

For a link for any of these mobile applications, please email your F&W PMHW team at PMHWFyldeAndWyre@LSCFT.nhs.uk

Name of App	Age range	Area of difficulty the app supports with
Apart of Me 	CYP 11 years +	**For bereavement** Apart of Me is a multi-award-winning therapeutic game. It was co-created by experts in child psychology and bereaved young people and translates bereavement counselling techniques into a magical 3D world.
distrACT 	CYP 11 years + and adults	**For self-harm and suicide support** distrACT is an app to help you manage feelings of self-harm or suicide. distrACT provides you with advice on what to do if you have feelings of self-harm or suicide. You can look up a helpline or support group to get advice on where to go, what to do, and who to speak to for help. There is a calm zone with books, stories, quotes and videos. And an emergency area for support
Calm Harm 		**For self-harm support** Calm Harm provides some immediate techniques to help break the cycle of self-harm behaviours and explore underlying trigger factors; build a 'safety net' of helpful thoughts, behaviours and access to supportive people; and provides the opportunity to journal and self-reflect. It also provides signposts to help.
Clear Fear 	CYP 11 years + and adults	**For ANXIETY self help** Clear Fear provides mindfulness exercises and cognitive behavioural based activities. This helps you work through anxious thoughts and behaviours.

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		You can track how you are feeling and your progress. You can also choose to have a support network within the app.
Coggi	CYP ages 5 - 12	For GENERAL EMOTIONAL WELLBEING Coggi is a wellbeing app that helps children manage emotions, ease everyday stress, and build confidence through playful, guided support from a friendly AR character, Coggi. With Coggi, children can: Explore their personal strengths - Practise calming breathing and relaxation - Learn to recognise and manage big feelings - Build confidence, focus and emotional strength
Combined Minds	Suitable for adults and CYP over 4 years old	**For ANXIETY- DEPRESSION - SELF HARM – EATING DISORDERS self help** Combined Minds provides activities for young people and their family to do together. Progress can be checked in overcoming anxiety, depression, self harm, eating disorders and overuse of digital devices. A support network of family and friends can be created on the app.
DistrACT	Adults and CYP over 11 years old	**For SELF HARM AND SUICIDAL IDEATION self help** DistrACT provides you with advice/ guidance on what to do if you have feelings of self-harm or suicide. You can look up a helpline or support group to get advice on where to go, what to do, and who to speak to for help. A calm zone is also available with books, stories, quotes and videos. And there is an emergency area for support.
Feeling Good Teens	CYP between 10-15 years old	**For GENERAL MENTAL HEALTH SUPPORT, MINDFUL ACTIVITIES AND SLEEP self help** Feeling Good Teens can provide you with a collection of audio tracks to listen to. You can also practice breathing exercises.

Teens		The app can help you feel better about yourself, work through thoughts in your head, and support you with sleeping better.
Molehill Mountain	Suitable for adults and CYP over 4 years olds with ASD	**ANXIETY SUPPORT for young people diagnosed with Autism** Molehill Mountain is an app to help you manage anxiety if you have autism. Molehill mountain provides you with advice and activities based on cognitive behaviour therapy (CBT). These activities help you understand anxiety and learn how to handle it.
Move Mood	CYP over 13 years old	**For DEPRESSION – LOW MOOD self help** Move Mood is an app to help you manage low mood and depression, helping young people manage the behaviours associated with low mood or depression.
Tellmi	Adults and CYP over 11 years old	**For GENERAL MENTAL HEALTH SUPPORT & help** 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

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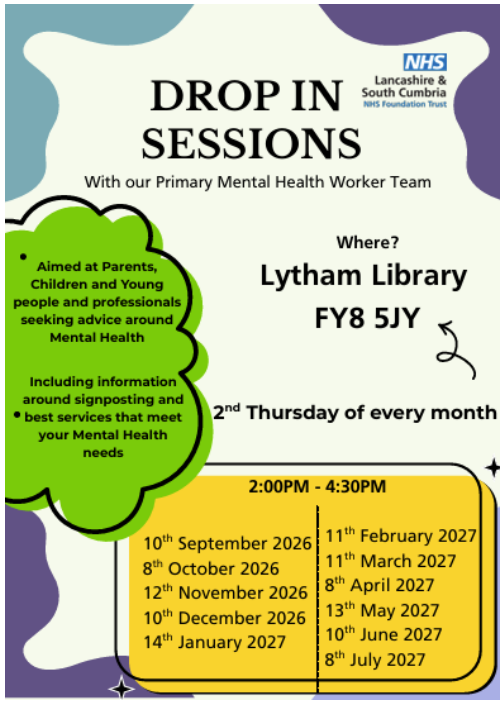
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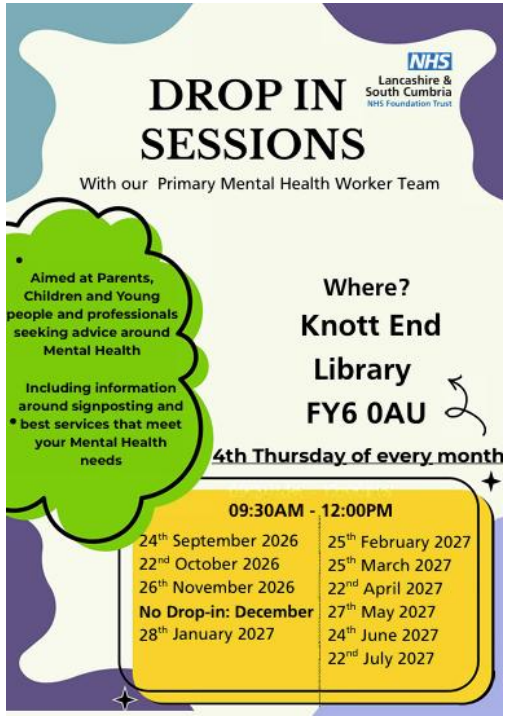
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Fylde and Wyre
Primary Mental Health Worker Team
Drop Ins for 2026-27









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