

# CASHER

## Reach Out Groups

Mental health drop in sessions for young people aged 10-16

### Do you have worries about your Emotional Health & Wellbeing ?

Feeling  
anxious?

Experiencing  
low mood?

Are you struggling  
with overwhelming  
thoughts & feelings ?

Need to  
talk to  
someone?

Would you like  
further information  
on support  
available?

Come along on your own or with a friend/parent and chat to experienced mental health professionals. We provide support in a comfortable safe space to enable you to talk about your mental health/emotional health and wellbeing.

We will be offering 1:1 sessions to young people who need help and support, as well as some group work and activities to build self-esteem and improve emotional wellbeing.

In partnership with  
**Children & family Wellbeing Service**

Fylde Youth Zone Kirkham Chillies  
Youth Group 6.30-8.30pm  
wednesday fortnightly

Sydney Street neighbourhood Ctr St Annes, Chillies Youth  
Group, 6.30pm-8.30pm, Thursday, fortnightly



**Please note these groups are alternate with one another.**

If you are a professional or a parent/guardian and know a young person who might benefit from the drop in sessions,  
please email: [bfwh.casher.team@nhs.net](mailto:bfwh.casher.team@nhs.net)

