

# 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.

**@TheGrange**  
**Community Centre**  
**Bathurst Ave,**  
**Blackpool**  
**FY3 7RW**  
**THURSDAY**

**6.00 PM - 8.00PM**

**No Appointment Necessary**



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)

