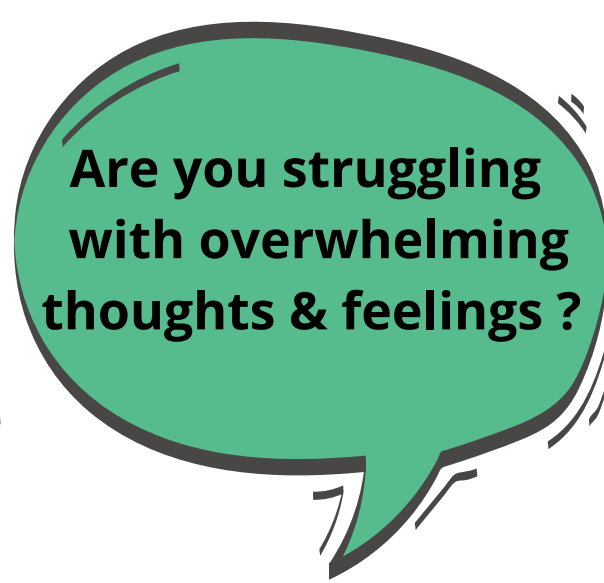
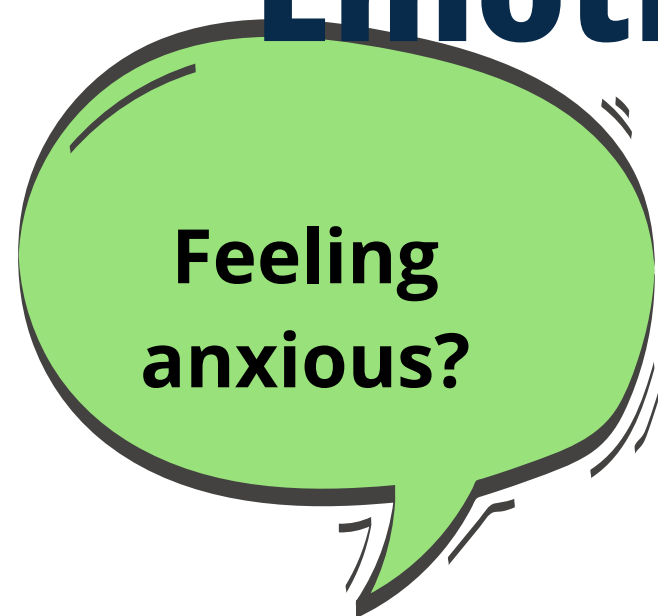


CASHER

Reach Out Groups

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

Do you have worries about your Emotional Health & Wellbeing ?



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.



**Zone in Wyre
Milton Street,
Fleetwood.
FY7 6QW.**

**Drop in Sessions are held every
Wednesday**

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

