

NHS support at Blackpool Aspire Academy



The role of school counsellors is to provide a safe, confidential, and comfortable environment where students and young people feel secure so they can explore their feelings and discuss any difficulties they may be facing.

This is a short term one to one intervention and counsellors support students with many different situations, for example, anxiety or bullying but the focus is always on the young person's needs.

Different styles of counselling are available to suit an individual's needs.

We pride ourselves in the fact our practitioners across the YoutherapY team all feel the same determination and passion to provide a top-quality service to the young people across our local community.



The role of the Primary Mental Health Worker is to strengthen and enhance the emotional health and wellbeing provision for children and young people coming into contact with a range of services i.e. Schools etc.

Primary Mental Health Workers role combines consultation-liaison and working directly with children, young people and families.

PMHW offer two 'no appointment necessary' Drop-In's every week around Blackpool

(Please always check posters or find details at Primary Mental Health Worker - FYi Directory)

PMHWs are accessible to every Blackpool school and GP surgery, you can ask them to contact us for help.



School Nurses promote the health and well-being of school age children across primary and high schools. This involves providing support for children with identified health needs, and running confidential pupil drop-in clinics in High Schools, for instance. Days and times of High School drop in sessions are advertised on the School Nurses website, and on posters around schools.

Children, families and professionals are able to discuss health concerns with School Nurses, and individual advice is provided on a variety of health issues. School Nurses are also available for signposting advice. The School Nursing Team promotes public health by offering advice and support, facilitating education sessions within schools, and promoting key messages to children in age appropriate ways.



Support and Help IN Education
Fylde Coast Mental Health Support Team

MHSTs are a new service designed to support mental health in schools & colleges. They are largely comprised of Education Mental Health Practitioners (EMHPs). We are based across education settings to promote resilience and wellbeing, support earlier intervention, enable appropriate signposting and deliver evidence-based support, care and interventions.

Individual face to face work in education settings: for example, effective, brief, low-intensity interventions young people experiencing anxiety, low mood, friendship, based on up to date evidence.