



Support and Help IN Education
Fylde Coast Mental Health Support Team

We now accept Self Referrals from Young people, Parents and Carers

Do you
worry ?

Do Have problems
sleeping ?

Have you got
low Mood ?

Are you feeling
anxious

Do you have
have feelings
of stress ?



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SHINE MHST supports children and young people, currently attending education settings, noted below. From ages 11 to 18 years, with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

Do Have
feelings
of panic ?

SHINE MHST is not an urgent response service

If you attend the following schools
we now accept Self Referral's

- Armfield Academy
- Athena
- Blackpool Aspire Academy
- Baines School
- Blackpool & Fylde College
- Brookfield
- Cardinal Allen Catholic High School
- Educational Diversity
- Fleetwood High School
- Garstang Community Academy
- Great Arley School
- Highfield Academy
- Highfurlong SEN School
- Hodgson Academy
- Lotus School
- Millfield Science and Performing Arts College
- Montgomery
- Park School
- Pegasus
- Redmarsh
- South Shore Academy
- St. Aidens Church of England High School
- St. Mary's Catholic Academy
- Unity Academy
- Woodlands

How to self refer to the Team

Call us directly to self-refer, and our administration team will arrange for our duty practitioner to make a consultation call to parent/carer/young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.



0800 121 7762 (Option 4)

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

Did you know you can
follow us on social media ?



@shine_mhst