



OPTIONS4CYP

Christmas Openings

2025



OPTION 1
CAMHS



OPTION 2
RAIS



OPTION 3
YOUTHERAPY



OPTION 4
CYP PMHS

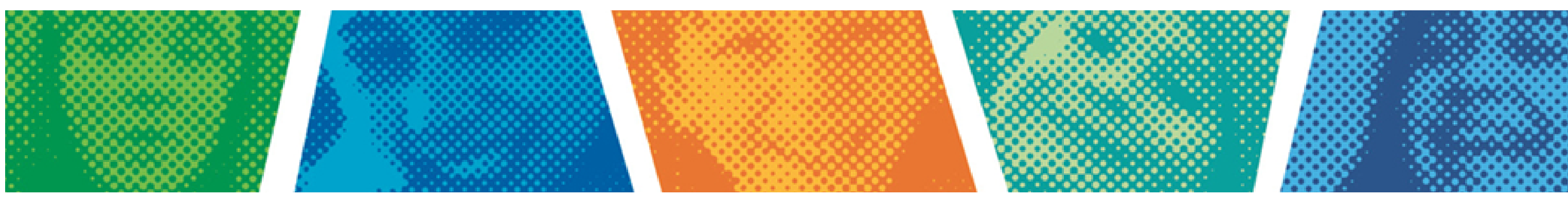


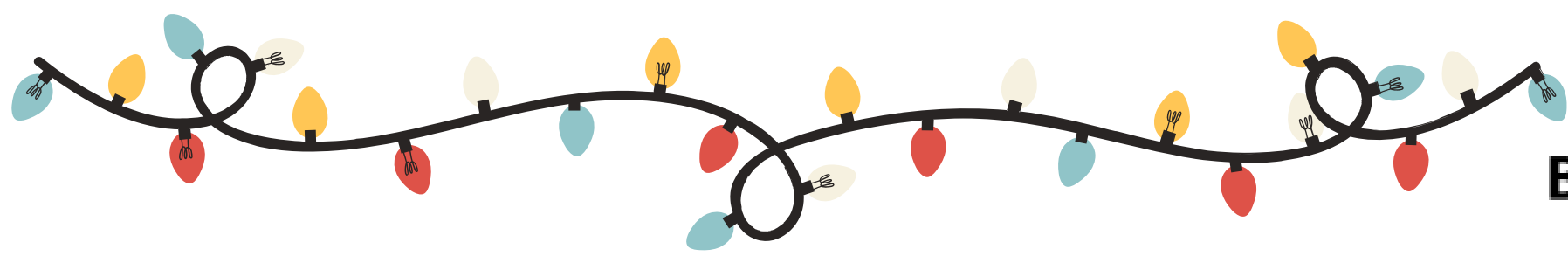
OPTION 5
CYPLD & ADHD

Christmas Eve	Open 9 -5pm	Open 5.00pm - 10.00pm	Open 9 -5pm	Open 9 -5pm	Open 9 -5pm
Christmas Day	Bank Holiday	Open 9am - 10.00pm	Bank Holiday	Bank Holiday	Bank Holiday
Boxing Day	Bank Holiday	Open 9am - 10.00pm	Bank Holiday	Bank Holiday	Bank Holiday
Saturday 27 th Dec	Closed	Open 9am - 10.00pm	Closed	Closed	Closed
Sunday 28 th Dec	Closed	Open 9am - 10.00pm	Closed	Closed	Closed
Monday 29 th Dec	Open 9 -5pm	Open 5.00pm - 10.00pm	Open 9 -5pm	Open 9 -5pm *Virtual PMHW Drop In 2:30 -4:30	Open 9 -5pm
Tuesday 30 th Dec	Open 9 -5pm	Open 5.00pm - 10.00pm	Open 9 -5pm	Open 9 -5pm	Open 9 -5pm
New Years Eve	Open 9 -5pm	Open 5.00pm - 10.00pm	Open 9 -5pm	Open 9 -5pm	Open 9 -5pm
New Years Day 2026	Bank Holiday	Open 9am - 10.00pm	Bank Holiday	Bank Holiday	Bank Holiday
Friday 2 nd Jan 2026	Open 9 -5pm	Open 5.00pm - 10.00pm	Open 9 -5pm	Open 9 -5pm	Open 9 -5pm

Freephone 0800 121 7762

 *FYI Directory Link to PMHW online Drop in





MENTAL HEALTH HELPLINES TEXT & WEB BASED SUPPORT



Should you find you are struggling with overwhelming feelings and emotions, here are a few resources available for you 24 hours a day.



The RAIS Team is based at Blackpool Victoria Hospital. They see young people up to age 25 who require mental health support out of normal hours. They offer urgent support 7 days a week across Fylde & Wyre.

0800 121 7762 option 2 or
bfwh.rais.team@nhs.net



The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. Text YM to 85258.

They offer help and support no matter what kind of crime you have been affected by.

- Specialist services are available to support with
- have been affected by hate crime
- have been affected by rape and/or sexual assault
- are under the age of 18
- are a victim of domestic abuse

lancashirevictimservices.org



LANCASHIRE
VICTIM
SERVICES



Lancashire Mental Health Crisis Line is available 24 hours a day. It is staffed by trained mental health professionals.

Call: 0800 953 0110



HOPELINEUK is a confidential advice service for young people under the age of 35 who are experiencing thoughts of suicide.

Call: 0800 068 4141

Text: 88247



Nest Lancashire has been set up to support young people aged 5 to 18 (and to 25 for anyone who has learning needs) who have been impacted by crime.

We are a charity, you can talk to us in confidence, and all of our services are free of charge. Our aim is to help you recover from whatever it is you have experienced and our trained, friendly staff will be able to help you move forward and feel safe again.



Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year.

Call free: 116 123



Calm Harm

Calm Harm is a totally free app that helps you 'ride the wave' of the urge to hurt yourself. This urge feels most powerful when you start wanting to self-harm.



Mind's online community Side by Side is a supportive place where you can feel at home talking about your mental health and connect with others who understand.

sidebyside.mind.org.uk



Togetherall

Togetherall is a unique mental health service offering an anonymous and safe support community. They provide a range of self-guided support through our 24/7.



Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.

Ring: 0800 111

Visit: www.childline.org.uk



Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25
www.kooth.com

