



Children and Young People's Primary Mental Health Service

lightbulb moments

The CYP Primary Mental Health Service Newsletter

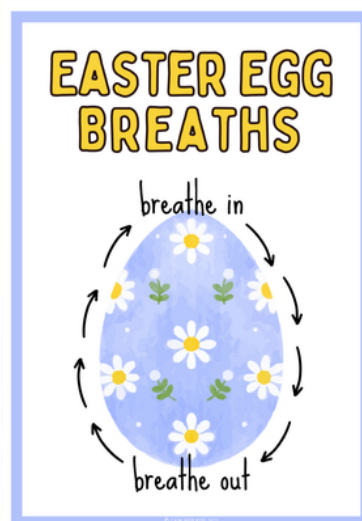
Issue number 29 March 2026

Welcome to the CYP Primary Mental Health Service Newsletter, your source of significant updates on our service. This newsletter will keep you informed about the latest developments in education settings and the local community, fostering communication between young people, parents, carers, and professionals.

The CYP Primary Mental Health Service support young people in Blackpool, Fylde and Wyre with their Mental Health and Emotional well being.

Breathing Techniques

Breathing techniques can help manage stress, improve focus, and promote relaxation by slowing down the heart rate and calming the nervous system.





Celebrating Children's Mental Health Week

Children's Mental Health Week 2026 has officially wrapped up, and what an incredible week it's been! Seeing so many of you get involved and show your support has been truly inspiring.

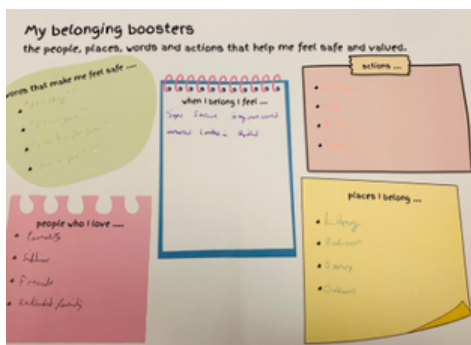
Whether you joined in with school activities or used our top tips at home your contribution has made a real difference. We're so grateful for everything you've done to help shine a light on children's mental health



In Larkholme Primary we also looked at "where we belong". The children created some maps of where they belong and also completed some wellbeing activities like mindful colouring and wellbeing pong. we also delivered an assembly about the theme of belonging and we discussed what it means to belong and how it can improve our mental health by helping us feel connected to others.



Assembly at St Wulstan's Primary with the Mental Health champions introducing themselves and discussing the theme for children's Mental Health week



In the Entwined Minds meeting they discussed what belonging means to them.

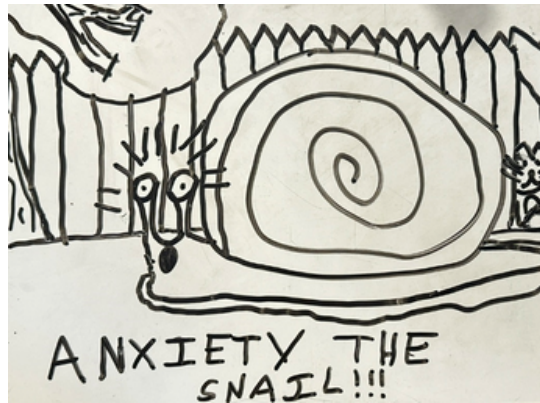


At lunchtime for Lytham St Annes Highschool students SHINE worked with the young people to put a pompom in their safe place and to talk about where they belong.

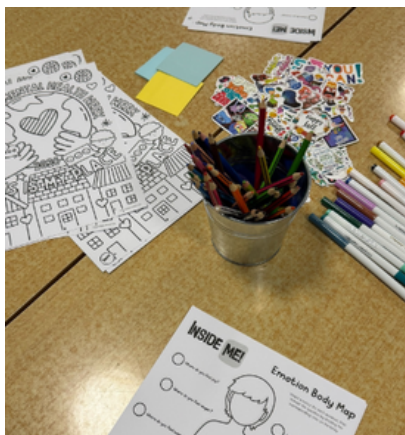




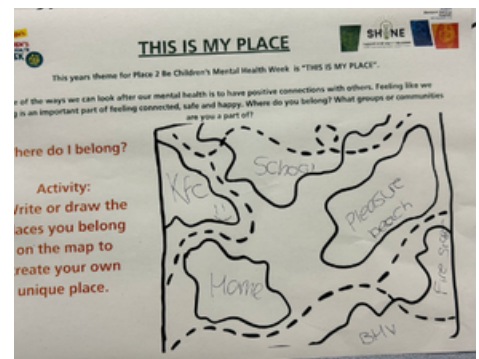
Celebrating Children's Mental Health Week



Primary school drop ins offered by SHINE gave young people a chance to come and talk about any issues they may be facing. The young people also had CMHW colouring sheets. Positive feedback was gained from schools; the young people who attended enjoyed the group and asked if it could become a regular thing so it's been decided that we will run a decider skills lunchtime group in that school now!



Assemblies delivered at Montgomery Highschool to raise awareness of the CYP PMHS service and SHINE availability in their school. We also shared some psycho-education and self-care tips on coping with stress.



Fleetwood High school looked at "where we belong" and created some maps of belonging.



Assembly and stalls at Lytham St Anne's High School. The assemblies were to talk about the service and Children's Mental Health Week and at the stalls at lunchtime on we discussed what young people thought of 'their place'.



PMHW's attended the mindful makers session at Blackpool library to promote talking about mental health

At Highfield we attended the parent coffee and chat with services including Bernardo's, ND pathway, parent and carer forum and the school nursing team as part of Children's Mental Health Week





Self Care



Use these worksheets to record your progress and stay on track with your wellbeing:

- [w My diary for next week](#): Lets you work towards daily activities you can do to support :
- [w Tracker](#): Helps you keep track of your weekly progress
- [w Change planning](#): Keeps you on track with the changes you want to make.



A handy Five Ways to Wellbeing toolkit
 In this helpful Five Ways to Wellbeing toolkit, you'll find information, techniques and helpful tips on how to look after your wellbeing.





Learning and Development

Neurodiversity and Wellbeing in Schools Programme

Book your free place to deepen your understanding of neurodivergence and support your students' mental health and wellbeing.



Anna Freud

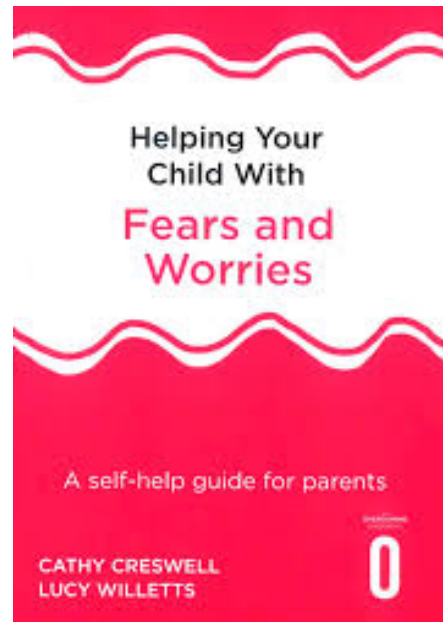
Why join this programme?

Building on the success of our previous Autism and Wellbeing in Schools course, we are pleased to offer our updated Neurodiversity and Wellbeing in Schools Programme.

This programme aims to increase understanding of mental health in autistic and ADHD students, and to support school staff to create more inclusive learning environments for neurodivergent students, both diagnosed and undiagnosed.



A tip sheet for parents and carers sharing advice on talking about mental health with primary school children.



This extremely useful guide will enable you to understand what is causing your child's worries and to carry out step-by-step practical strategies to help them



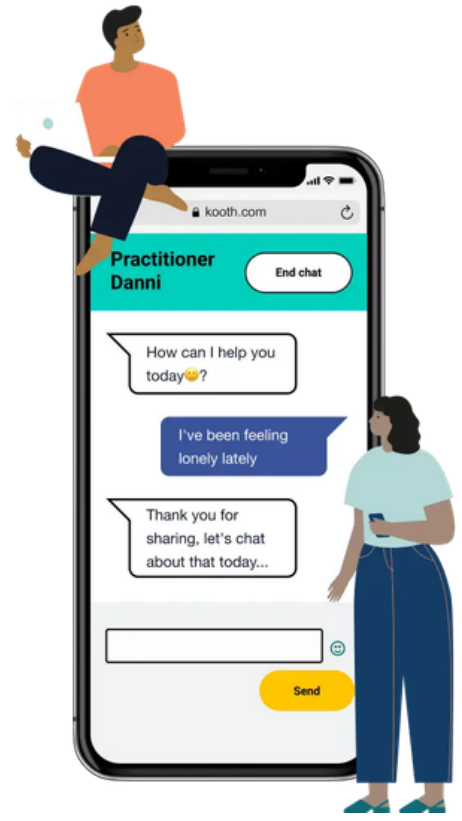


Kooth



Resources Hub

Explore our webinars, talks and resources to support you. Access content anytime to stay informed on mental health, well-being, and more.



kooth
Free online counselling support for young people!
Discover everything Kooth has to offer

FREE COUNSELLING

KOOOTH MAGAZINE

DISCUSSION BOARDS

HELP ARTICLES

JOURNAL

SELF-HELP TOOLS

Sign up for free at **Kooth.com**





Service Spotlight

Blackpool Adolescent Service

Are you aged 10 -24?

Need advice, guidance and support with Sexual Health and/or Substance Misuse?

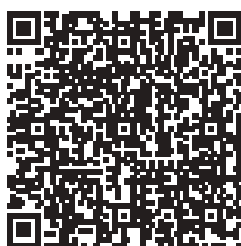
Do you work with someone who needs support in these areas?

We are a Service that can support you!

We provide **free support** for people with drug, alcohol and non-clinical sexual health issues. The service is available to all young people aged 10-24.

What do we offer?

- Flexible one to one support
- Information, advice and guidance
- Harm Reduction
- Access to substitute prescribing, detox and rehabilitation
- Support to access contraception
- Support to access sexual health screenings and tests
- Access to advice and guidance around safe and positive relationships with others



www.blackpool.gov.uk

To access support for yourself

Telephone 01253 754840

Mon- Fri between 9am-5pm

Alternatively go to www.blackpool.gov.uk/selfrefer to complete the online self-referral form.

We also accept Substance Misuse and/or Sexual Health referrals from other services and professionals.

For Under 18's

Please complete the Blackpool Families Rock Request for Support using the online form. www.blackpool.gov.uk/familiesrocksupport

For 18-24 year olds

Please complete the online referral found at www.blackpool.gov.uk/partnerrefer.

Blackpool Council

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

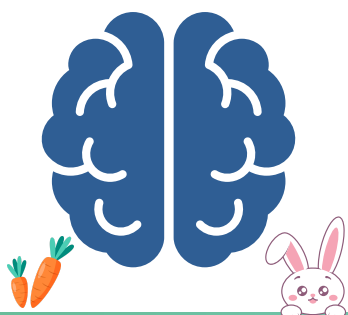




Children and Young People's Primary Mental Health Service

BLACKPOOL PMHW COMMUNITY DROP IN CLINIC

Worried about a young person's emotional well-being?



- Do you have questions about a young person's mental health?
- Are you looking for advice or support for their emotional development?
- Do you feel like you don't know where to get help?

PMHW EASTER 2026

PMHW DROP IN WILL BE CLOSED:
MONDAY 6TH APRIL
MONDAY 13TH APRIL
AT REVOE CHILDREN'S CENTRE

WE HAVE OTHER VENUES AVAILABLE THROUGHOUT EASTER

Where to Find us in



Mondays 20th & 27th
 at Revoe Children's Centre, FY1 5HP,
 2pm to 4.30pm

Tuesday 7th
 South Family Hub, FY4 2AP,
 2pm to 4.30pm

Wednesday 8th
 Moor Park Library, FY2 OJG,
 2pm - 4:30pm

Tuesday 14th
 Devonshire Primary Academy, FY3 8AF,
 2pm to 4pm (Term Time Only)

Tuesday 21st
 at North Family Hub,
 FY3 7NX,
 2pm to 4.30pm

Wednesday 15th
 Virtual Attend Anywhere session
 3:30pm - 5:30pm
 Join via QR or link:



Contact Us



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

0800 121 7762 (Option 4)

bfwh.cypmhs.blackpool.nhs.net

Follow us



@cyp_primarymentalhealthservice



@Blackpool PMHW

Please note: Drop-in clinics are not open Bank Holidays.

Entwined Minds Patient Participation Group

Are you passionate about mental health and wellbeing?

Do you want to use your voice to make positive changes to Children's Mental Health Services?

Help design and create content and resources



Would you like to connect with others and have fun along the way?

Improve your mental health services

Build positive relationships with your community



Date: WYRE
The first Wednesday of every month

Time: 4:30pm till 6pm

Location:
Poulton Community Hall, Vicarage Road, FY6 7BE

If the answer is **YES** then why not come along to the Entwined Minds Group!

Help decide who we employ

Attend special events and conferences

Learn new skills

BLACKPOOL

Date: The first Wednesday of every month

Time: 4:00pm till 5:00pm

Location: CAMHS
Whitegate Health Centre
150 Whitegate Dr,
Blackpool FY3 9ES

Please contact us if you would like to attend

 0800 121 7762 (Option 4)



@cyp_primarymentalhealthservice



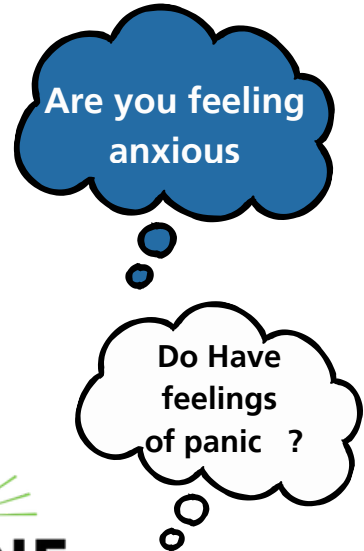
bfwh.entwinedminds@nhs.net



Support and Help **IN** Education
Fylde Coast Mental Health Support Team



Self Referrals from Young people, Parents and Carers



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

SHINE MHST is not an urgent response service



Support and Help **IN** Education
Fylde Coast Mental Health Support Team

- If you attend the following schools we accept Self Referral's
- AKS Lytham
 - Armfield Academy
 - Athena School
 - Baines School (High)
 - Blackpool Aspire Academy
 - Blackpool & Fylde College
 - Blackpool Sixth Form
 - Brookfield School
 - Carr Hill High School
 - Cardinal Allen Catholic High School
 - Fleetwood High School
 - Garstang Community Academy
 - Great Arley School
 - Highfield Leadership Academy
 - Highfurlong SEN School
 - Hodgson Academy
 - Kirkham Grammar High School
 - Lytham St Anne's High School
 - Millfield Science and Performing Arts College
 - Montgomery Academy
 - Park Community Academy
 - Pear Tree School
 - Pegasus
 - Redmarsh School
 - Saint Bedes Catholic High
 - South Shore Academy
 - St. Aidans Church of England High School
 - St. Mary's Catholic Academy
 - St George's Church of England Academy
 - The Maple School
 - Unity Academy Blackpool
 - Woodlands School

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.

Follow us on social media ?

@cyp_primarymentalhealthservice

