



## Children and Young People's Primary Mental Health Service

# lightbulb moments

The CYP Primary Mental Health Service Newsletter

Issue number 22 | April 2025

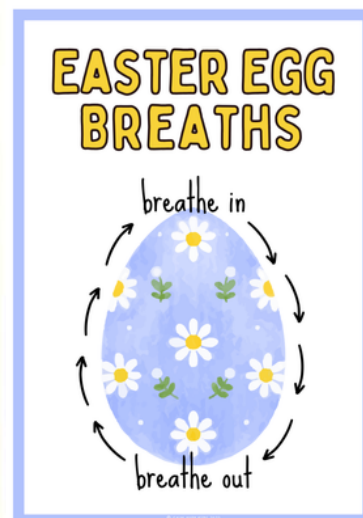
Welcome to the CYP Primary Mental Health Service Newsletter, your source of significant updates on our service. This newsletter will keep you informed about the latest developments in Education Settings and the local community, fostering communication between young people, parents, carers, and professionals.

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

## Mindful Minute

### Breathing Techniques

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





# Mental Health Awareness Week

This year, **Mental Health Awareness Week** will take place from **12th to 18th May 2025**. The theme for 2025 is '**Community**', and we want to use Mental Health Awareness Week to celebrate the power and importance of community.

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose.



During mental health awareness week our teams will be attending the annual 'Spring into Spring' event, a series of community health and wellbeing events held across the town. SHINE will be in our high schools and colleges holding events for young people to raise awareness of the importance of communities.



The Blackpool Place Based partnership are running a series of community health and wellbeing events across Blackpool in April. More details to follow.



[Mental Health Awareness Week: handy classroom resources](#)



[Conversation guides](#)  
These guides will help you navigate important conversations about mental health with confidence, compassion, and care.



[Resources for families](#)







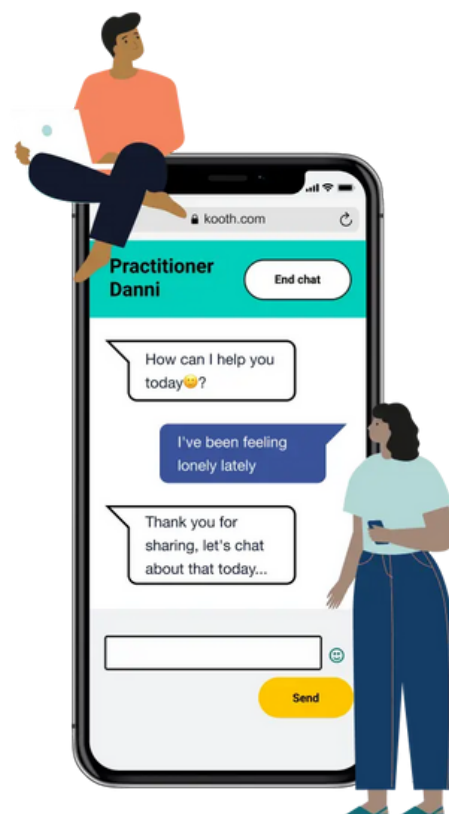
# Kooth



## 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

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# Learning and Development



## INSIDE THE TEEN BRAIN

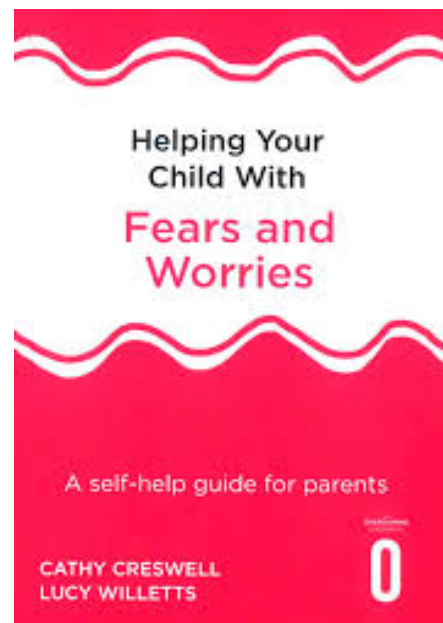
### Episode 1 - Just be yourself

*Dr. Jane Gilmour talks to Prof Deborah Christie*

In this episode, Inside the Teen Brain: Just Be Yourself, Professor Deborah Christie joins Dr. Jane Gilmour to discuss the complexities of identity formation during adolescence. Professor Christie explores how creative therapeutic approaches, such as metaphors and frameworks, can provide adolescents with a safe space to reflect on their strengths, abilities, and aspirations.



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





# Service Spotlight

## Blackpool Adolescent Service

Are you aged 10 -24?

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

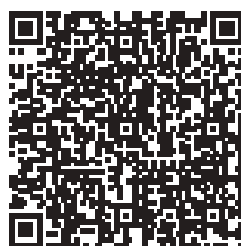
Do you work with someone who needs support in these areas?

**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



To access support for yourself

Telephone 01253 754840

Mon- Fri between 9am-5pm

Alternatively go to [www.blackpool.gov.uk/selfrefer](http://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](http://www.blackpool.gov.uk/familiesrocksupport)

### For 18-24 year olds

Please complete the online referral found at [www.blackpool.gov.uk/partnerrefer](http://www.blackpool.gov.uk/partnerrefer).





## Children and Young People's Primary Mental Health Service

### Entwined Minds Patient Participation Group: Wyre

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?

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

If the answer is **YES** then why not come along to the Entwined Minds Group!  
Each session is supported by practitioners from SHINE Mental Health Support  
Team who work in all High schools within Wyre.

#### What can I do at Entwined Minds?

- Provide feedback on how we can be better
- Create content for social media
- Help design our promotional material and resources
- Make decisions about who we employ
- Attend events with the team in and out of school
- Gain experience to support you in your future plans
- Build positive relationships within your community

#### Date:

The first Wednesday of  
every month starting

#### Time:

4:30pm till 6pm


#### Location:

Poulton Community  
Hall, Vicarage Road,  
FY6 7BE

#### Get in touch

If you are interested or have any other questions then get in touch or let one of your practitioners know!

0800 121 7762 (Option 4)  [bfnh.cyppmhs.blackpool.nhs.net](mailto:bfnh.cyppmhs.blackpool.nhs.net)

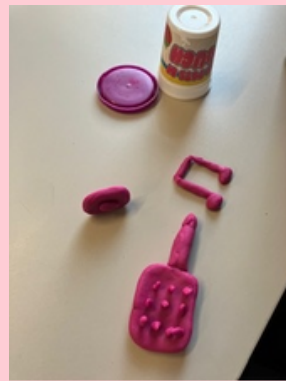
 @cyp\_primarymentalhealthservice





# BOAST BOARD

Charlotte recently attended an open evening for her little friends: the Positive Affirmation



**Exam stress group at St Mary's all about self care and modelling what works for you.**



**SHINE delivering information to Uni students at B&FC all about the role of EMHP**

Emma, Charlotte, Rachel, Dawn and Laura attended the Y8 Enrichment Day at Cardinal Allen. This was filled with 'KFC' Stress Buckets and dreams of being a millionaire...



These fun activities are a great way of creating a culture of self reflection

