

Reach Out Groups

Mental health drop in sessions for young people aged 10-16

Do you have worries about your Emotional Health & Wellbeing ?

Feeling
anxious?

Experiencing
low mood?

Are you struggling
with overwhelming
thoughts & feelings ?

Need to
talk to
someone?

Would you like
further information
on support
available?

Come along on your own or with a friend/parent and chat to experienced mental health professionals. We provide support in a comfortable safe space to enable you to talk about your mental health/emotional health and wellbeing.

We will be offering 1:1 sessions to young people who need help and support, as well as some group work and activities to build self-esteem and improve emotional wellbeing.



The Boat House Youth
170 Horsebridge Rd,
Blackpool FY3 7EA



**Drop in Sessions are held every
Tuesday**

6.00 PM - 8.00PM

No Appointment Necessary

If you are a professional or a parent/guardian and know a young person who might benefit from the drop in sessions, please email: bfwh.casher.team@nhs.net

