

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.

In Partnership with
Children and Family Wellbeing Service
Lancashire County Council

Fylde Youth Zone: Kirkham Chillies
Youth Group , 6.30-8.30pm Wednesday Fortnightly

Sydney Street Neighbourhood Centre St Annes, Chillies
Youth Group, 6.30-8.30pm , Thursday Fortnightly

Note these Groups these are alternate with one another

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