



SHINE MHST now accept Self-Referrals from Young people, Parents and Carers

SHINE MHST now accepts self-referrals from parents/carers and students who attend our **Blackpool Fylde & Wyre** settings.

However, consultations between mental health leads in school and SHINE MHST remain the service's first point of contact for referrals, as this continues to maintain and build the relationships between education settings and EMHPs. By offering the self-referral option to students, parents and carers, we are giving students a further way to access support from SHINE MHST and increasing access to early intervention and support in order to improve mental health and wellbeing.

It must be remembered that SHINE MHST only supports students with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

Should presenting needs be unsuitable for low intense therapy, SHINE MHST can offer signposting to other specialist child and adolescent mental health services.

SHINE MHST is not an urgent response service.

SHINE
Support and Help in Education
Fylde Coast Mental Health Support Team

We now accept Self Referrals from Young people, Parents and Carers

Do you worry? Do Have problems sleeping? Have you got low Mood? Are you feeling anxious? Do you have feelings of stress? Do Have feelings of panic?

SHINE MHST supports children and young people, currently attending education settings, noted below. From ages 11 to 18 years, 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

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.

Did you know you can follow us on social media?

@shine_mhst

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Get in touch

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0800 121 7762 (Option 4)
bfwh.shine-MHST@nhs.net

Did you know you can Follow our teams on social media ?

@cyp_pmhs
 @cyp_primarymentalhealthservice

