



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

# lightbulb moments

The CYP Primary Mental Health Service Newsletter

Issue number 20 | Decemeber 2024

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.

As the festive holidays begin and the first terms comes to an end, the CYP Primary Mental Health service will continue to support young people in Blackpool, Fylde and Wyre with their Mental Health and Emotional well being. However, during the festive period there will be a change of opening times to our services and further information and support can be found within the newsletter.

## Service Update's

- Our mental health practitioners within the CYP Primary Mental Health Service now offer 1:1 The Decider Skills. It use Cognitive Behaviour Therapy to teach children, and young people (aged 8-18). They are designed to help us to be more resilient, resourceful, responsible, robust and respectful. The Decider Life Skills aim to improve emotional intelligence and help our brains to develop positive habits.
- They also now offer Low-intensity Self-Esteem Intervention it is an 8 week intervention for children (aged 8-18) focusing on what self-esteem is, how it differs from confidence and where the feelings might have come from. It is delivered 1:1 with children by initially setting goals they would like to achieve. They then explore unhelpful thoughts and how to challenge these by looking at positive affirmations and qualities. Then exploring safety behaviours and avoidance that comes with low self esteem and guiding them through experiments to change these behaviours. Ending with a review and keeping well plan.
- To find out more, speak with any mental health practitioner within our Teams.
- Our Blackpool PMHW Team are delivering workshops for professionals through Blackpool Safeguarding Partnerships Multi Agency Training and Workforce Development. If you are interested please visit: <https://blackpoolsafeguardingpartnerships.org.uk/events/face-to-face> to book on to one of our workshops.



Please do not hesitate to get in touch with the team if you require any further support or information





# Self Care and Wellbeing Over Winter

Winter is often a time of year filled with joy and excitement for many, as Christmas is around the corner and streets are lit up with Christmas lights. For some, winter brings with it weather changes that can negatively affect mental health. If you struggle to stay on top of self-care, a great way to make sure you prioritise it is through the use of a calendar. At the end of the month, you can make a list of something you would like to do each day of the upcoming month. It can be filled with smaller activities, such as drinking hot chocolate, or bigger activities, such as inviting your friends round for dinner. It is important that this calendar is filled with activities that will uplift your mood and that you are comfortable with – self-care is different for everyone. Remember, self-care is about making the time to take care of yourself and can help you relax but also uplift your mood. Below is an example of a kindness calendar which may help get you started on creating your own. It's important to practice self-care all year round, not only during these cold, dark winter months, but during every season.

## December Kindness 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2025				

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**





# Self Care and Wellbeing Over Winter

### Breathing Techniques

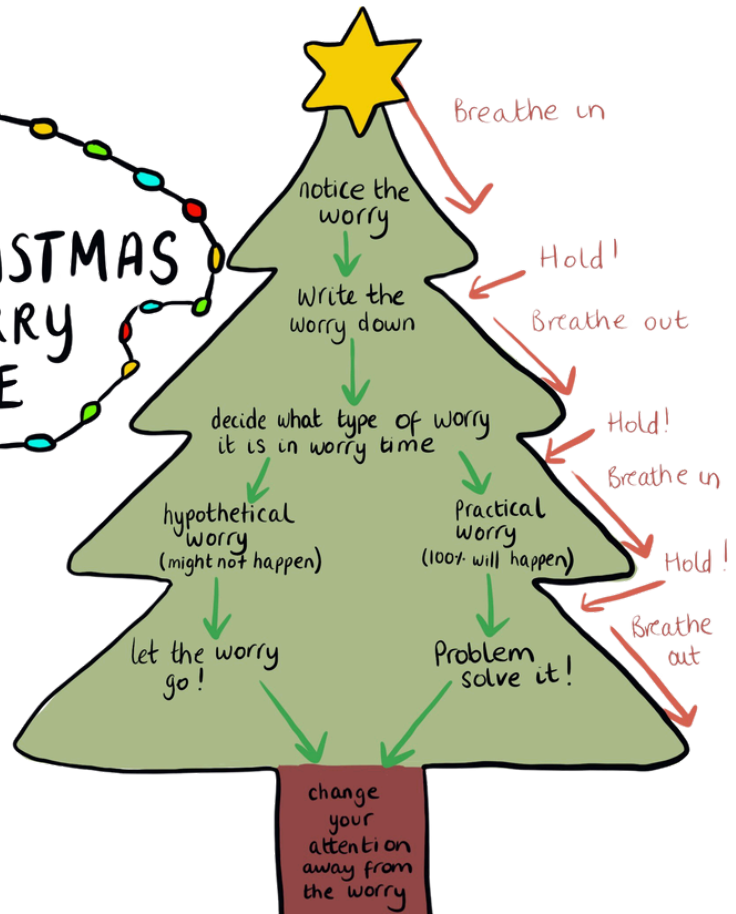
Deep breathing can promote relaxation and combat stress. Stress is the way your body responds to danger or a threat, real or imagined. Your body releases stress hormones, getting you ready to take emergency action, otherwise known as the 'fight-or-flight' response.

During the fight-or-flight response, you may feel overwhelmed, agitated or panicked. Your muscles tense up, your heart pounds and your breathing quickens.

It's normal for your breathing to become fast and shallow when you feel stressed. But if you take slow, deep breaths using the muscle under your ribs (called the diaphragm), it can help you relax.



Point to ornament 1. Breathe in and out slowly. Point to ornament 2. Breathe in and out slowly. Repeat for all five ornaments on the wreath.



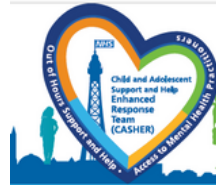


# Options 4 CYP Services Openings times over the festive period 2024



## OPTION 1 CAMHS

Open 9 -5pm



## OPTION 2 CASHER

5.00pm - 10.00pm  
available overnight



## OPTION 3 Youththerapy

Open 9 -5pm  
Drop in 10am-3pm



## OPTION 4 CYPMHS

Open 9 -5pm

**Christmas Eve**

Service Closed

9am -10.00pm  
available overnight

Service Closed

Service Closed

**Christmas Day**

Service Closed

12am - 8pm

Service Closed

Service Closed

**Boxing Day**

Open 9-5pm

5.00pm 10.00pm

Open 9 -5pm  
Drop in 10am-3pm

Open 9-5pm

**27th December 2023**

Service Closed

10.00am-10.00pm  
available overnight

Service Closed

Service Closed

**28th December 2023**

Service Closed

10.00am-10.00pm  
available overnight

Service Closed

Service Closed

**29th December 2023**

Open 9 -5pm

5.00pm 10.00pm  
available overnight

Open 9 -5pm  
Drop in 10am-3pm

Open 9-5pm

**30th December 2022**

Open 9-5pm

5.00pm 10.00pm  
available overnight

Open 9 -5pm  
Drop in 10am-3pm

Open 9-5pm

**New Years Eve**

Service Closed

10.00am-10.00pm  
available overnight

Service Closed

Service Closed

**New Years Day**

Open 9-5pm

5.00pm 10.00pm

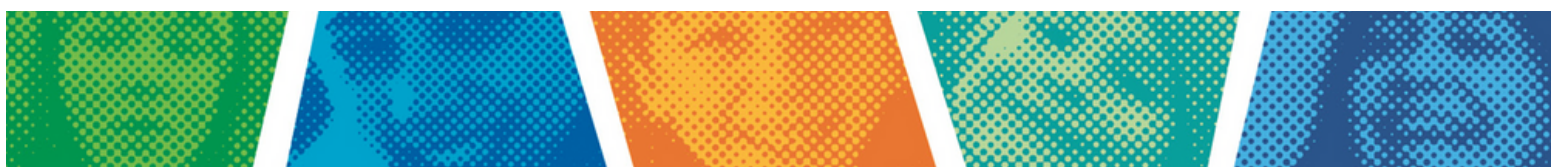
Open 9-5pm

Open 9-5pm

**2nd January 2023**

Freephone to all Options 4 CYP services **0800 121 7762**

From all at Options 4 CYP we wish you a  
peaceful break, over the festive period.





# MENTAL HEALTH HELPLINES TEXT & WEB BASED SUPPORT



There are Helplines, text and web-based support if someone is finding it hard to cope. You can get for 24 hr advice to support you, your parent/ carer or someone you care for. More details below.



The CASHER 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  
bfbw.casher.team@net.

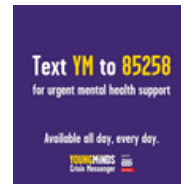


Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.

Ring: 0800 111  
Visit: [www.childline.org.uk](http://www.childline.org.uk)



Lancashire Mental Health Crisis Line is available 24 hours a day. It is staffed by trained mental health professionals. Call 0800 953 0110



The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. Text YM to 85258.



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: 07860 039 967



Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25 [www.kooth.com](http://www.kooth.com)



Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year. Call 116 123 for free



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.



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](http://sidebyside.mind.org.uk)



LANCASHIRE VICTIM SERVICES

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

[lancshirevictimservices.org](http://lancshirevictimservices.org)



Calm the calm app improve your health and happiness with the calm app. Help improve your sleep quality, reduce your anxiety and stress levels or use this just to improve your focus.



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.





# 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.**



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



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)**

Did you know you can follow us on social media? @shine\_mhst

- If you attend the following schools we now accept Self Referrals'**
- Armfield Academy
  - Athena
  - Blackpool Aspire Academy
  - Blackpool & Fylde College
  - Brookfield
  - Cardinal Allen Catholic High School
  - Educational Diversity
  - Fleetwood High School
  - Garstang Community Academy
  - Great Arley School
  - Highfield Academy
  - High Hurling SEN School
  - Hodgson Academy
  - Lotus School
  - Millfield Science and Performing Arts College
  - Montgomery
  - Park School
  - Pegasus
  - Redmarsh
  - South Shore Academy
  - St. Aiden's Church of England High School
  - St. Mary's Catholic Academy
  - Unity Academy
  - Woodlands

## How to self-refer to the Team ?

Parents, carers & young people can 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.

## Get in touch

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

**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

