



Children and Young People's Primary Mental Health Service

# lightbulb moments

The CYP Primary Mental Health Service Newsletter

Issue number 21 | March 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.

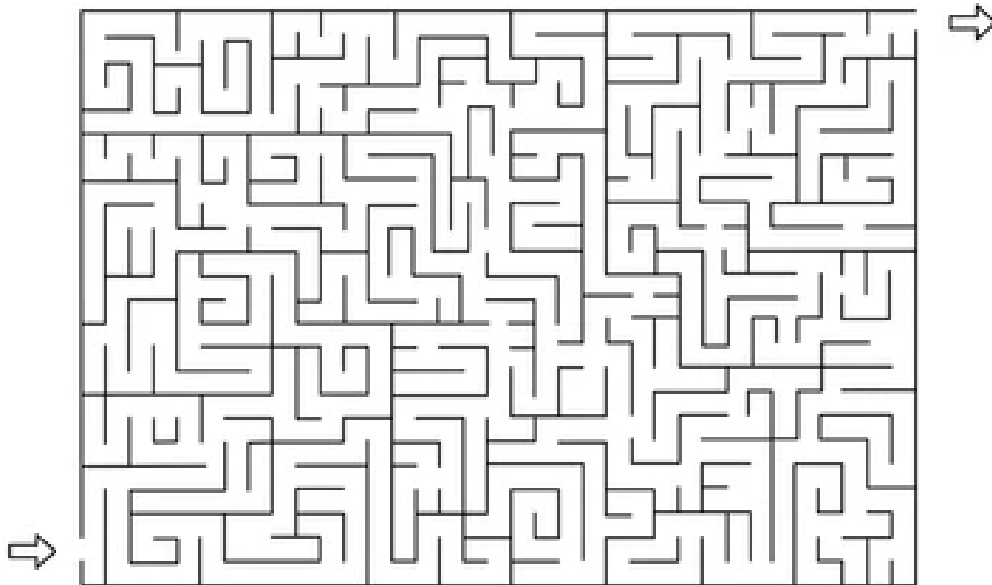
The CYP Primary Mental Health service support young people in Blackpool, Fylde and Wyre with their Mental Health and Emotional well being.



## Mindful Minute

### Mindful Maze

These mindfulness maze activities are a great way to help you focus on the present, feel calm and really notice what you are doing at that moment.





# Children's Mental Health Week

Our Children and Young People Primary Mental Health team spent the week raising awareness across the local community.

OPTIONS4CYP represented CYP Mental Health Services on Blackpool Teaching Hospital Mezzanine showcasing their Services to the Public and Staff.



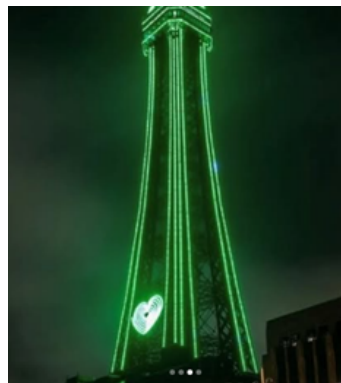
MHST were at Carr Hill High School's mental health fair where they encouraged students to contribute to a 'pledge tree'. The students wrote their pledge, such as to be more confident or to be organised, on a leaf and then wrapped it around the tree.

Fleetwood High School from a Lunch time activity where the young people completed a mind-map of ways they follow the 5 Steps to Wellbeing.

PMHW's attended Highfield Leadership Academy over lunchtime for some wellbeing and mindfulness activities.

Supporting the week the Blackpool Tower was lit up green!

180 young people took part in a 5 Ways to wellbeing event at Royles Brook



## What is Children's Mental Health Week?

Children's Mental Health Week is a mental health awareness week that launched by children's mental health charity, Place2Be. The week exists to empower, equip and give a voice to all children and young people in the UK.

## When was Children's Mental Health Week 2025?

Children's Mental Health Week 2025 took place from 3-9 February 2025. The week launched a decade ago in 2015 and we celebrate it every February, with this year marking the 11th Children's Mental Health Week.

## What was the theme for Children's Mental Health Week 2025?

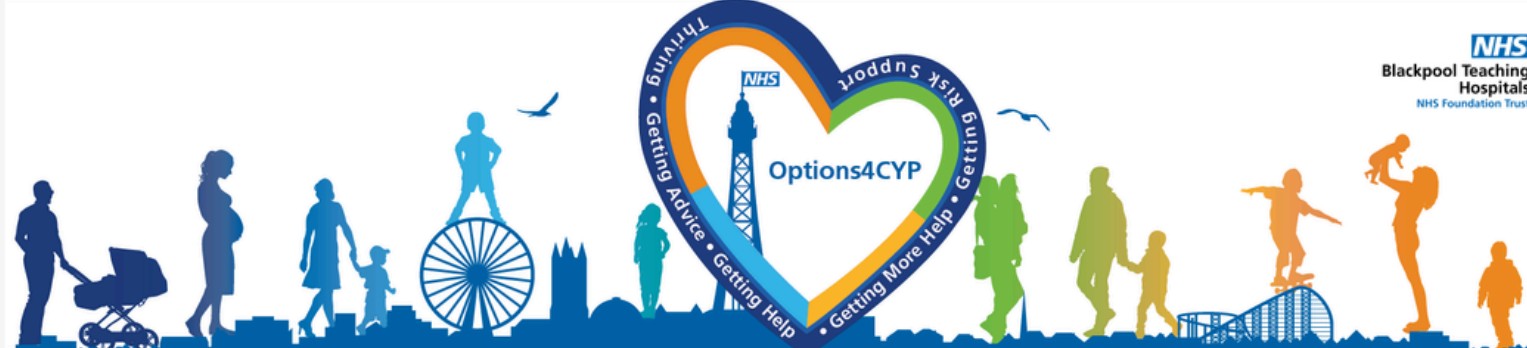
This year, Children's Mental Health Week focused on Know Yourself, Grow Yourself.

We want Children's Mental Health Week to encourage children, young people and adults to embrace self-awareness and explore what it means to them. This will help them grow and develop resilience to cope with what life throws at them.

## Resources

Local schools, organisations and families took part in Children's Mental Health Week Resources are available at:  
<https://www.childrensmentalhealthweek.org.uk>





# Children and Young People's Mental Health Services



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

### Blackpool PMHWs

Primary Mental Health Workers (PMHW) Blackpool, are a point of contact within the CYP Primary Mental Health Service offering support and advice regarding the emotional wellbeing of children and young people (CYP) at an early stage when difficulties first arise.

PMHWs link in with education, Primary Care Networks and community settings to help promote positive wellbeing, to raise the importance of young people's mental health and provide appropriate guidance in accessing the correct services to support young people's mental health.

They can offer advice on referrals, implement pathways of support and provide information about other services.

### SHINE

SHINE (Fylde Coast Mental Health Support Team) support good emotional wellbeing and mental health, for children and young people aged 11-18 years, in secondary schools, special schools, appropriate provision settings and colleges across Blackpool, Fylde and Wyre.

SHINE is:

- School Based
- Offers low intensity interventions and can support early intervention for:
  - low mood: sadness, low motivation.
  - difficulty adjusting to change and transition.
  - provides low-intensity CBT either one-to-one or in a group.

Referrals are accepted from education settings. You can also self-refer by telephone

### Blackpool CYWPs

Children and Young People's Wellbeing Practitioners (CYWPs) play a key role in providing early mental health and wellbeing support for children and young people in community settings and are part of the Children and Young People's Psychological Trainings programme.

CYWPs are community based and offer low intensity interventions, 1:1s or groups, for children and young people up to 18 years old and can support:

- low mood: sadness, low motivation.
- difficulty adjusting to change and transition.

CYWPs offer Parent Programmes to support and manage young people's anxiety within the home environment.



The Children and Young People's Learning Disability and Neuro (ADHD) Team is specialist service that supports children and young people who have diagnosed moderate to severe learning disabilities up to the age of 18. This is usually based on a variety of physical, emotional and behavioural health issues and an assessment of clinical risk based on a balance of probabilities.

The Neuro (ADHD) Team offers screening, assessment and treatment for hyperactivity, attention difficulties and impulsivity in line with NICE Guidance.



YoutherapY offers assessment and a range of talking therapies. For young people aged 11-25 across Blackpool, Fylde and Wyre. The team includes a resilience counsellor.

YoutherapY offers face-to-face, telephone and video appointments at their base in Blackpool and in a variety of community venues.

YoutherapY also offers a weekly drop-in service where no appointment is necessary.

**YoutherapY offer a drop-in every Wednesday afternoon, 3pm-5pm at Connect.**



Blackpool CAMHS is a specialist mental health service that offers comprehensive specialist mental health assessments and interventions for children and young people under 18 with moderate to severe mental health issues.

Blackpool CAMHS Duty Team: referrals to Blackpool CAMHS Duty Team can be made via Single Point of Access (SPoA), before 3:30pm (Monday to Friday, excluding weekends and bank holidays).



CASHER is our Child and Adolescent Support and Help Enhanced Response Team and provides access to comprehensive psychosocial assessments, including risk assessment, joint assessment (where appropriate), and formulation of an agreed plan for children and young people up to 18 years of age (25 years of age for children and young people with additional needs), who attend A&E at Blackpool Victoria Hospital or who have been admitted to the paediatric ward and are registered with a Blackpool or Fylde and Wyre GP.

**CASHER operates outside of normal office hours: Monday - Friday 5pm-10pm and Saturday - Sunday 10am-10pm.**



Our Response and Intensive Support Team (RAIS) supports young people, who are already in contact with one of our other Options4CYP services, but need immediate support with their mental health.

The majority of the young people supported by RAIS are high risk and benefit from the flexible Intensive Community Support offered by the team.

This is a short-term intervention, usually for no longer than 2 weeks, for young people with care handed over once support from other services is in place.

RAIS is available to children and young people up to 18 years old.

We now have one single freephone number for all Options4CYP services: 0800 121 7762

Option 0 - Options4CYP Single Point of Access (SPoA)

Option 1 - Blackpool CAMHS (including Blackpool Duty, 9-5pm)

Option 2 - CASHER or RAIS

Option 3 - YoutherapY

Option 4 - CYP Primary Mental Health Service (Blackpool PMHWs, Blackpool CYWPs, SHINE - Fylde Coast MHST)

Option 5 - Blackpool Children and Young People's Learning Disability & Neuro (ADHD) Team

Children, young people and parents/carers can also make a self-referral to our Options4CYP SPoA via our website <https://www.blackpoolteachinghospitals.nhs.uk/services/childrens-and-young-peoples-mh-services/blackpool-options4cyp-self-referral>



Before making a referral into our Options4CYP Single Point of Access (SPoA), please consider:

How the school environment, via a Whole School Approach to emotional wellbeing, can be used to offer support to the child/young person

How pastoral support within school can be used to support to the child/young person

Discussing the needs of the child/young person with our PMHWs or, if you are from a secondary, special, appropriate provision or sixth form/college setting, with a member of staff from our MHST



Discussing the needs of the child/young person with your link advisor from Blackpool's SEND Support Team.

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are five simple steps that may help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your 'five a day' for wellbeing. Scan the QR code to find out more about the Five Ways to Wellbeing



Encouraging the child, young person and their family to access one of our PMHW drop ins - run weekly  
Scan the QR Code to find our drop ins



If all the above have been completed, please contact our PMHWs (please scan QR code above) who will support you to make a referral to our Options4CYP Single Point of Access (SPoA). Referrals are screened by a multi-disciplinary team every morning, Monday – Friday, and may be allocated within Options4CYP or signposted to other community services.

There are other helplines, text and web-based support if someone is finding it hard to cope. You can get for 24 hour advice to support young people, their parent/carer or someone they care for.



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



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)



NHS 111 Press 2 is an urgent service offering assessment and signposting advice for anyone experiencing a mental health crisis, or requiring support to manage their symptoms.



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

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)



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





**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 ?



**Support and Help IN Education**  
Fylde Coast Mental Health Support Team

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.

Do Have feelings of panic ?

SHINE MHST is not an urgent response service

If you attend the following schools we now accept Self Referral's

- Armfield Academy
- Athena
- Blackpool Aspire Academy
- Baines School
- Blackpool & Fylde College
- Brookfield
- Cardinal Allen Catholic High School
- Educational Diversity
- Fleetwood High School
- Garstang Community Academy
- Great Arley School
- Highfield Academy
- Highfurlong SEN School
- Lotus School
- Lytham St Anne's High School
- Millfield Science and Performing Arts College
- Montgomery
- Park School
- Pegasus
- Redmarsh
- South Shore Academy
- St. Aidans Church of England High School
- St. Mary's Catholic Academy
- St George's Church of England Academy
- Unity Academy
- Woodlands

## 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



# Parent Carer Support Available

**A guide for parents & carers about support available for them, as they support their children with their mental health and well being.**



## Youngminds

Youngminds offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25.

On their website you can find out more about their Parent's Helpline, Webchat and Email service.

Call their Parent's Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm, for detailed advice, emotional support and signposting about a child or young person up to the age of 25. You'll get through to a trained adviser who will listen.

Their Parent's webchat is open 9:30am - 4pm, Monday - Friday. To access the webchat, select the chat icon in the bottom right corner of your screen on the Youngminds website [www.youngminds.org.uk](http://www.youngminds.org.uk)



## Parent Talk

Action for Children protect and support children and young people, providing practical and emotional care and support. They aim to ensure their voices are heard, and campaign to bring lasting improvements. Their Parent Talk is down-to-earth parenting advice you can trust. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

Website : [www.parents.actionforchildren.org.uk](http://www.parents.actionforchildren.org.uk)



## NSPCC

The NSPCC work directly with children and families.

Recognising the signs that a child may be struggling with their mental health can be really hard. The NSPCC have got advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm.

[www.nspcc.org.uk](http://www.nspcc.org.uk)



## Well being resources for families | Place2Be

Place2be are committed to helping children with their mental health, aiming to intervene early to prevent life-long mental health issues.

They provide support early to spot mental health problems before they develop and help children cope with challenges throughout their lives using an effective therapeutic approach backed by research that combines several ways of working. They have well-being resources for families which can help you start conversations with your child, and encourage you to enjoy quality time together as a family, all of which is important for your well being.

[www.place2be.org.uk](http://www.place2be.org.uk)

