Lancashire & South Cumbria NHS Foundation Trust

East Lancashire Young People's Mental Health

Concerned about your Mental Health? Are you under 18 or concerned about someone under 18?

Advice sessions are available on-line via 'Attend Anywhere' Delivered by CYPMH East

tinyurl.com/ELCAS-LSCFT

Enter the word "CYPMH East" as the first name and "drop in" as the second name followed by your date of birth.
You will then enter our virtual waiting area where we will collect you.

Wednesday 2nd December 2026	1pm – 3pm
Wednesday 9th December 2026	3pm – 5pm
Wednesday 16th December 2026	5pm – 7pm
Wednesday 23rd December 2026	1pm – 3pm