



Children and Young People's Primary Mental Health Service

lightbulb moments

The CYP Primary Mental Health Service Newsletter

Issue number 27 | December 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 Moments



Practice the Heart Breathing exercise together! This is perfect to do before bedtime to wind down, after playtime to refocus, or any time you need help calming down.

Breathe at your own pace, and adjust the video speed if it's too slow.





Children's Mental Health Week

This year, Children's Mental Health Week 2026 will take place from 9-15 February 2026!

Place2Be's official Children's Mental Health Week 2026 resources are available for you to download.

Whether you're a primary school, secondary school, family, community group or workplace, They've got activities and resources for you.



The theme for Children's Mental Health Week 2026 is 'This is My Place', and the aim is to support the systems around children and young people to help them feel they belong.



The CYPPMHS will be out in the community engaging in all sorts of fun activities to celebrate Children's Mental Health Week. We've got treasure hunts with wellbeing ambassadors, undercover kindness days and so much more! We would love to hear how you are celebrating Children's Mental Health Week.

STAY TUNED!





Self Care

Mental wellbeing audio guides

On this page you can listen to a series of mental wellbeing audio guides to help you boost your mood.

You can listen to them privately, in your own time, to help you through feelings such as anxiety or a low mood.



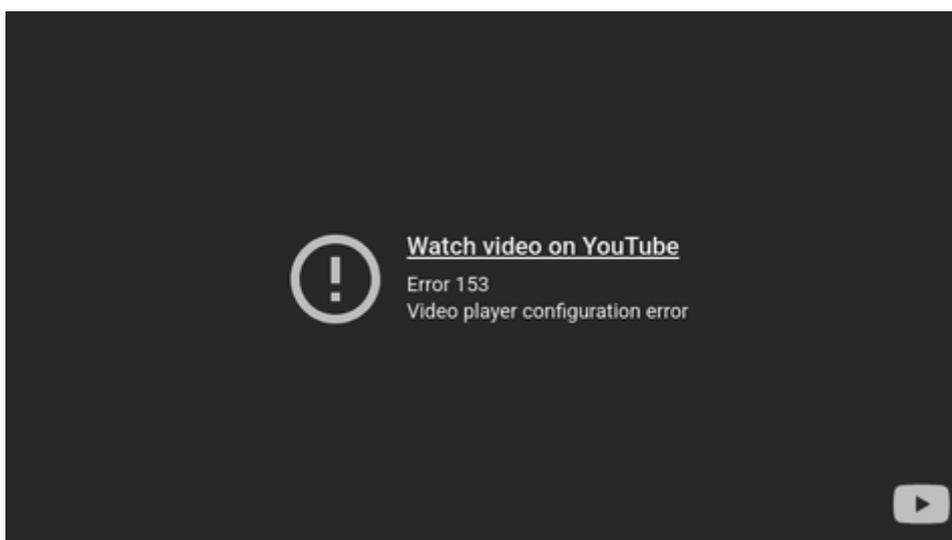


Learning and Development

For Parents

What is self-care and why is it important?

For many parents and carers, finding time for yourself can be a challenge as you juggle family and relationships with your home and work life. This can be especially true if you are supporting a child or young person with their mental health.



For information on specific strategies which you could try, either on your own or as a family, please view our self-care resource for [On My Mind](#).

For Professionals



MORE INFORMATION >>

This course aims to increase awareness of mental health and wellbeing and to enhance skills and confidence in carrying out wellbeing work.

- Participative training suitable to increase skills and confidence to have conversations about mental health and emotional wellbeing.
- A range of public health models and CBT techniques are shared that can be used.
- Communication skills and conversation techniques are explored to support difficult conversations
- Participants gain skills to helpfully respond during conversations and recognise the key role they play.
- We look at intensity of stress and distress to be able to have conversations with people about suicide.





Service Spotlight



NHS Blackpool Parent-Infant Relationship Service



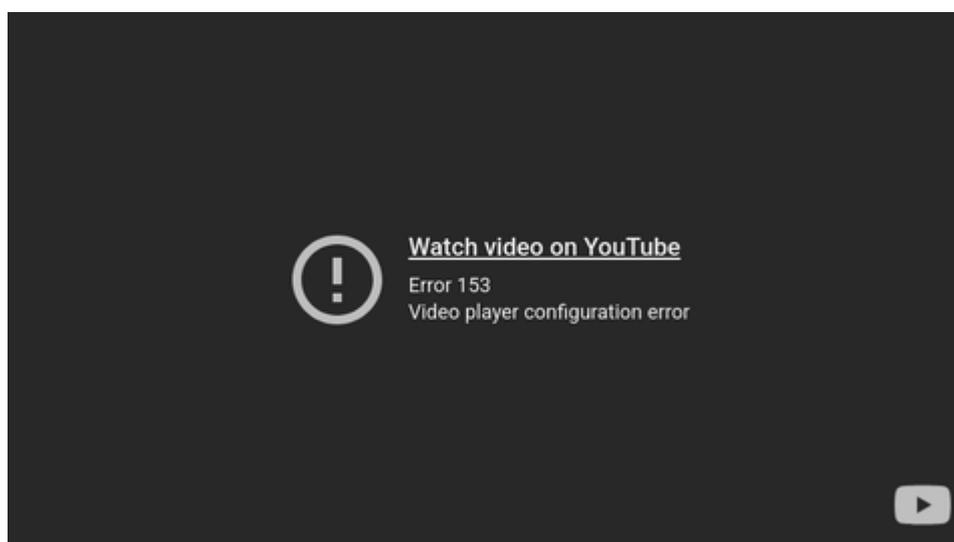
Circle of Security
INTERNATIONAL

Being a parent isn't always easy and at times we can feel lost or confused about what our child may want.

We can all wonder:
What does my child want from me?
Why are they behaving like this?
Am I getting it right?

[FIND OUT MORE >](#)

[Circle of Security Parenting Group for parents \(COSP\).](#)



Imagine being able to make sense of what you child is really asking from you.

The program supports parents to:

- Understand your child's emotional world by learning to read their needs
- Support their ability to manage their own emotions
- Help your child to feel secure
- Notice the ways in which your child communicates their needs & feelings through behaviours.





Blackpool Libraries



Days and time: Tuesday 30 December at 2.00pm to 3.00pm
Type: Arts, Children, Health and wellbeing, Community

Description

Come along to Central Library and join our Mindful Makers session for young people aged 11 to 17 where we will be making Happy Jars.

Our friends from the NHS Children and Young People Primary Mental Health Service and SHINE Team will be there with information to help us improve our emotional wellbeing, mental fitness and resilience as we craft together.

Booking essential, please call into the library, telephone: 01253 478080 or email: central.library@blackpool.gov.uk.

For further information contact your local library or check our social media.
Blackpool Libraries Facebook page
<https://www.facebook.com/BlackpoolLibraries/>

Blackpool Council



MENTAL HEALTH HELPLINES TEXT & WEB BASED SUPPORT

Should you find you are struggling with overwhelming feelings and emotions, here are a few resources available for you 24 hours a day.



The RAIS 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 bfwh.rais.team@nhs.net



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

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
- lancashirevictimservices.org



LANCASHIRE VICTIM SERVICES



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

Call: 0800 953 0110



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: 88247



Nest Lancashire has been set up to support young people aged 5 to 18 (and to 25 for anyone who has learning needs) who have been impacted by crime.

We are a charity, you can talk to us in confidence, and all of our services are free of charge. Our aim is to help you recover from whatever it is you have experienced and our trained, friendly staff will be able to help you move forward and feel safe again.



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

Call free: 116 123



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.



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



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.



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



Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25

www.kooth.com



NEW

Where to Find us



Scan the QR code to find a drop in clinic near you

NEW

Summer 2025

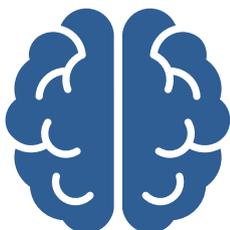


NHS
Blackpool Teaching Hospitals
NHS Foundation Trust

Children and Young People's Primary Mental Health Service

BLACKPOOL PMHW COMMUNITY DROP IN CLINIC

Worried about a young person's emotional well-being?



- Do you have questions about a young person's mental health?
- Are you looking for advice or support for their emotional development?
- Do you feel like you don't know where to get help?

How can we help?



Listen to your concerns



Provide practical advice and guidance



Help you to explore services that can support a young person's mental health

Where to Find us

NEW

Every Monday at **Revoe Children's Centre**, FY1 5HP, 2pm to 4.30pm.

NEW

First Tuesday of each month at **South Family Hub**, FY4 2AP, 2pm to 4.30pm

NEW

First Wednesday of each month at **Moor Park Library**, FY2 0JG, 2pm -4:30pm

NEW

Second Tuesday of each month at **Devonshire Primary Academy**, FY3 8AF, 2pm to 4.30pm

Third Tuesday of each month at **North Family Hub**, FY3 7NX, 2pm to 4.30pm



Online Drop
In available
too

Contact Us

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



0800 121 7762 (Option 4)



bfwh.cypmhs.blackpool.nhs.net

Follow us



@cyp_primarymentalhealthservice



@Blackpool PMHW

Please note: Drop-in clinics are not open Bank Holidays .

Entwined Minds Patient Participation Group

Are you passionate about mental health and wellbeing?

Do you want to use your voice to make positive changes to Children's Mental Health Services?

Help design and create content and resources



Would you like to connect with others and have fun along the way?

Improve your mental health services

Build positive relationships with your community



WYRE
Date: The first Wednesday of every month
Time: 4:30pm till 6pm
Location: Poulton Community Hall, Vicarage Road, FY6 7BE

If the answer is **YES** then why not come along to the Entwined Minds Group!

Help decide who we employ

Attend special events and conferences

Learn new skills

BLACKPOOL
Date: The first Wednesday of every month
Time: 4:00pm till 5:00pm
Location: CAMHS
Whitegate Health Centre
150 Whitegate Dr,
Blackpool FY3 9ES

Please contact us if you would like to attend



@cyp_primarymentalhealthservice

📞 0800 121 7762 (Option 4)



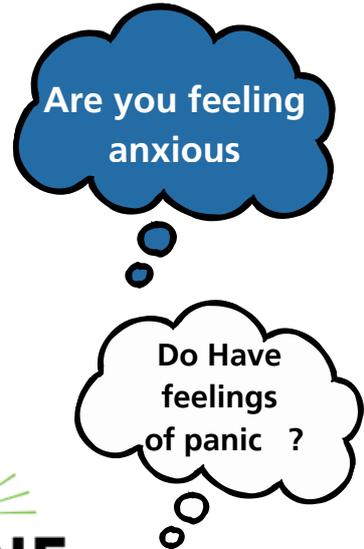
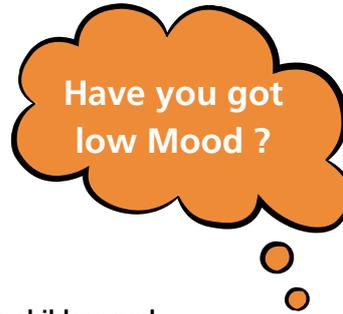
bfwh.entwinedminds@nhs.net



Support and Help IN Education
Fylde Coast Mental Health Support Team



Self Referrals from Young people, Parents and Carers



Fylde Coast SHINE MHST supports children and young people, currently attending education settings, noted below. We support 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



Support and Help IN Education
Fylde Coast Mental Health Support Team

- If you attend the following schools we accept Self Referral's**
- AKS Lytham
 - Armfield Academy
 - Athena School
 - Baines School (High)
 - Blackpool Aspire Academy
 - Blackpool & Fylde College
 - Blackpool Sixth Form
 - Brookfield School
 - Carr Hill High School
 - Cardinal Allen Catholic High School
 - Fleetwood High School
 - Garstang Community Academy
 - Great Arley School
 - Highfield Leadership Academy
 - Highfurlong SEN School
 - Hodgson Academy
 - Kirkham Grammar High School
 - Lytham St Anne's High School
 - Millfield Science and Performing Arts College
 - Montgomery Academy
 - Park Community Academy
 - Pear Tree School
 - Pegasus
 - Redmarsh School
 - Saint Bedes Catholic High
 - South Shore Academy
 - St. Aidans Church of England High School
 - St. Mary's Catholic Academy
 - St George's Church of England Academy
 - The Maple School
 - Unity Academy Blackpool
 - Woodlands School

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.

Follow us on social media ?

@cyp_primarymentalhealthservice

