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# Young people's mental health support

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## Blackpool mental health support services

### Options for children and young people

[Options4CYP children and young people's mental health services : Blackpool Teaching Hospitals](#)

The options for children and young people (CYP) service has a range of teams available to support young people with their mental health needs.

Telephone: 0800 121 7762

- Option 0 -Options for CYP, single point of access, including if you need further information
- Option 1 CAMHS and Blackpool Duty, between 9.00am and 5.00pm
- Option 2 CASHER or RAIS
- Option 3 Youththerapy
- Option 4 CYP Primary Mental Health Team, Blackpool PMHW, Blackpool CWYP, SHINE Fylde Coast MHST
- Option 5 Children and young people's learning disability and neuro team

The service has a single point of access (SPOA). Referrals are screened by a panel of professional practitioners from across the options services every single day.

Young people and families can self refer into the options for CYP team using this [self referral form](#).

Professionals can request a referral form from [bfwh.options4cyp@nhs.net](mailto:bfwh.options4cyp@nhs.net).

For up to date information regarding Options4CYP services, please visit [Options4CYP Children and Young People's Mental Health Services :: Blackpool Teaching Hospitals](#)

### Primary mental health workers (for children and young people up to the age of 18)

[Primary mental health workers](#) are a point of contact within the mental health support team offering support and advice regarding the emotional well - being of children and young people 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. There are also Primary Mental Health Worker (PMHW) drop ins you can access weekly, without having an appointment.

### Children and young people's wellbeing practitioners (for children and young people up to the age of 18)

[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, 1:1 or in groups, for children and young people up to 18 years old and can support early intervention for:

- Low mood: sadness, low motivation
- Difficulty adjusting to change and transition

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

### SHINE mental health support team (for children and young people up to the age of 18)

**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.

### **YouTherapy (for young people and adults from 11 to 25)**

**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 triage 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 every Wednesday afternoon, 3pm-5pm at Connect.

### **Children and young person's learning disability and neuro team (for children and young people up to the age of 18)**

**The Children and Young People's Learning Disability and Neuro 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 Team offers screening, assessment and treatment for hyperactivity, attention difficulties and impulsivity in line with NICE Guidance.

### **Blackpool CAMHS (for children and young people up to the age of 18)**

**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 (up to age 25 for young people with SEND)**

**CASHER** is our Child and Adolescent Support & 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 to Friday 5.00pm to 10.00pm and Saturday to Sunday 10.00am to 10.00pm.

### **RAIS (for children and young people up to the age of 18)**

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 young people supported by RAIS are likely to be in a period of significant crisis 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.

## **Dynamic Support Register**

Being on the Dynamic Support Register, is like being on any other health register for treatment. It is a way for professionals to work together to identify people who need extra support to help them safely stay at home or in another place in their community. They also talk about people who are in a mental health hospital. It is a way for people to work together to help each person get the support they and their families need.

Find out more about the [Dynamic Support Register](#)

## **Well - being passports**

## What is it?

The wellbeing passport and card are tools for young people and their supporters to help them to share information about their mental health and emotional wellbeing. It is something that can be used in many situations and settings, where it is important for young people to feel confident to tell their story. The wellbeing passport is a small booklet with different pages that hold different pieces of information about the young person. The card is smaller and can hold one or 2 pieces of important information, that can be shown to someone in an emergency.

A young person can fill in their own wellbeing passport and card with guidance from their supporters if they need it. Young people receive the passports during their CAHMS appointment and the idea is for them to show this to other professionals when they are in other services, such as the hospital wards or school.

The passports are also important for when the young people transition into adult services. They won't have to go over information and tell their story again as the passports are there to do this.

## Who is it for?

The wellbeing passport and card are for any young person who feels they have mental health challenges. It doesn't matter if a young person is not working with any mental health services, or if they don't have a diagnosed mental health condition – if the young person and their supporters feel the wellbeing passport and card will help them, they can use it.

Download your own copy of the [well being passport](#).

## Self - care for primary aged children

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised.

This self-care plan walks primary-aged children through a series of steps, helping them create a simple self-care plan that works for them. It helps children identify activities that they can use to support their mental health.

Some of the suggested self-care activities include:

- Music and dance
- Mindfulness
- Art

The resource was co-written by Anna Freud Centre experts and young people, who shared ideas on self-care strategies that work for them.

[Primary self - care plan.](#)

## Self - care for young people in secondary schools or college.

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you.

This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them.

The plan helps young people identify activities that they can use to support their mental health. It's adaptable on a weekly or monthly basis, so that it can fit differing schedules or priorities.

The suggested activities in the plan are split into different categories, including:

- Physical activities
- Emotional activities
- Social activities
- Practical activities

The resource was co-written by Anna Freud Centre experts and young people, who shared ideas on self-care strategies that work for them.

[Secondary and college - age self - care plan.](#)

Aged 11 to 18 and need someone to talk to? Kooth.com is a free, safe and anonymous online chat, advice and support for young people.

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### Blackpool Council

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