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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

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
- Option 1 CAMHS
- Option 2 CASHES or RAIS
- Option 3 Youththerapy
- Option 4 CYP Primary Mental Health Team, Blackpool PMHW, Blackpool CWYP, SHINE Fylde Coast MHST

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).

### Primary mental health workers (PMHWs)

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. They can offer advice on referrals, implement pathways of support, and provide information about other services for children and young people. There are also two primary mental health worker (PMHW) [drop ins you can access weekly](#), without having an appointment.

### SHINE mental health support team

SHINE is the support and help in education team. SHINE accepts self referrals from children and young people and from their parents and carers.

SHINE 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 can offer signposting to other specialist child and adolescent mental health services.

SHINE is not an urgent response service.

To contact the SHINE team call: 0800 121 7762 (Option 4)

### Children and young people's wellbeing practitioners (CYWP)

This team are community based, across Blackpool and sit within Mental Health Support Team . They support with low intensity cognitive behavioural therapy, behavioural activation, exposure therapy and worry management.

### YouTherapy

Youth therapy support young people aged 11 to 25 through front line evidence based therapeutic interventions such as counselling to support a young person's mental health.

### Children and young person's learning disability team

Blackpool children and young persons learning disability team are specialist service who support children, young people who have diagnosed moderate to severe learning disabilities up to the age of 18; this is usually based on a variety of health issues. We exist to support children and young people with learning disabilities to achieve positive outcomes, gain meaningful connections with others and prepare them for adulthood by promoting independence and choice.

The team offers core interventions around sleep, toileting where there is a behaviour element, behaviours the challenge and anxiety which can include:

- Communication and hospital passports
- Parent/carers training sessions
- Positive behaviour support planning
- Health inclusion and liaison

The ADHD team will then review these in the weekly ADHD screening meetings. From the 13 May – ADHD referrals will not be going to CAMHS referral screening meetings unless there are also concerns in relation to mental health. As we know, there will always be some overlap therefore co-occurring mental health need is now outlined in the ADHD questions on the new referral form to try to capture these cases

### CAMHS

CAMHS are the child and adolescent mental health service for Blackpool. They accept referrals for children and young people up to the age of 18 who are experiencing moderate to severe mental health problems.

Young people, teachers, health care professionals and youth or social workers can contact CAMHS so they can help you. T

The service is made up of professionals including consultant child and adolescent psychiatrists, nurses, social workers, occupational therapists, psychologists, counsellors, support staff and an admin team.

The service offers a range of assessments and therapeutic interventions including 1:1 work, family therapy and group work.

More information is on the [CAMHS website](#).

Alternatively you can contact a primary mental health worker (PMHW) for consultation by calling:

Telephone: 0800 121 7762, option 1 CAMHS

### CASHER

CASHER are the child and adolescent support and help enhanced response team. They offer risk assessments to those young people at immediate risk of harm to self. They offer clinics at the hospital and drop ins and groups within the community.

You can call CASHER if you feel you need immediate advice and support if your child is a risk. For emergencies such as ingestion of toxic substances call 999 and attend A and E. More information on [CASHER](#).

### RAIS

The response and intensive support team 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 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.

## 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](#).

[Lumi Nova free app to help your child self manage their worries](#)

NHS Lancashire and South Cumbria ICB are providing free access to Lumi Nova for families living across Blackpool and the Fylde

[Kooth.com](#)

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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