

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 4th February 2026
Wednesday 11th February 2026
Wednesday 18th February 2026
Wednesday 25th February 2026**

**1pm – 3pm
3pm – 5pm
5pm – 7pm
1pm – 3pm**