

# 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](https://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 4<sup>th</sup> February 2026**  
**Wednesday 11<sup>th</sup> February 2026**  
**Wednesday 18<sup>th</sup> February 2026**  
**Wednesday 25<sup>th</sup> February 2026**

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