

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 5th November 25

1pm – 3pm

Wednesday 12th November 25

3pm – 5pm

Wednesday 19th November 25

5pm – 7pm

Wednesday 26th November 25

1pm – 3pm

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**Wednesday 3rd December 25
Wednesday 10th December 25
Wednesday 17th December 25**

**1pm – 3pm
3pm – 5pm
5pm – 7pm**