NHS
Lancashire &
South Cumbria
NHS Foundation Trust

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 November 2026	1pm – 3pm
Wednesday 11th November 2026	3pm – 5pm
Wednesday 18th November 2026	5pm – 7pm
Wednesday 25th November 2026	1pm – 3pm