

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 7th October 2026

1pm – 3pm

Wednesday 14th October 2026

3pm – 5pm

Wednesday 21st October 2026

5pm – 7pm

Wednesday 28th October 2026

1pm – 3pm