



Support and Help IN Education
Fylde Coast Mental Health Support Team

We now accept Self Referrals from Young people, Parents and Carers

Do you worry ?

Do Have problems sleeping ?

Have you got low Mood ?

Are you feeling anxious

Do you have feelings of stress ?

Do Have feelings of panic ?

Self referrals accepted from 12.06.23

How to self refer to the Team

If you attend the following schools we now accept Self Referral's

- Armfield Academy
- Athena
- Blackpool Aspire Academy
- Baines School
- Blackpool & Fylde College
- Brookfield
- Cardinal Allen Catholic High School
- Educational Diversity
- Fleetwood High School
- Garstang Community Academy
- Great Arley School
- Highfield Academy
- Highfurlong SEN School
- Hodgson Academy
- Lotus School
- Millfield Science and Performing Arts College
- Montgomery
- Park School
- Pegasus
- Redmarsh
- South Shore Academy
- St. Aidens Church of England High School
- St. Mary's Catholic Academy
- Unity Academy
- Woodlands

Call us directly to self refer, and our administration team will arrange for our duty practitioner to make a consultation call to parent/carer/young person and complete a self referral form to establish whether SHINE is the best service to offer support to the young person.



0800 121 7762 (Option 4)

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

Did you know you can follow us on social media ?



@shine_mhst