

# Parenting can be rewarding and overwhelming at times

Free online courses and webinars for people who live, work and study in  
Lancashire & South Cumbria

## Courses:

- Mindfulness
- Mastering Stress
- New Parent Wellbeing

## Webinars:

- Anxiety & worry
- Sleep & Relaxation
- Resilience & Me
- Mindfulness & Wellbeing
- Perinatal Wellbeing
- Men's Wellbeing

**Sessions available for 72 hours after the live event.**



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Our service can help you manage a range of common mental health problems, learn skills to help you overcome difficulties and find helpful ways to cope through a range of different therapeutic interventions.

We can also provide information about local services that you may benefit from.

**Blackpool Talking Therapies** is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness. **Please discuss these needs with your GP.**

To self-refer, please call: **01253 955700** (Monday–Friday 9am–5pm)

or email: **bfwh.talkingtherapies@nhs.net**

**[www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies](http://www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies)**



**Blackpool Talking Therapies**



**for anxiety and depression**

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust