



Lancashire &
South Cumbria
NHS Foundation Trust

DROP IN SESSIONS

With our our Primary Mental Health Worker Team

Where?

Lytham Library

FY8 5JY



- Aimed at Parents, Children and Young people and professionals seeking advice around Mental Health

Including information around signposting and

- best services that meet your Mental Health needs

2nd Thursday of every month

2:00PM-4:30PM

9th October 2025

13th November 2025

11th December 2025

11th January 2026

12th February 2026

12th March 2026

9th April 2026

14th May 2026

11th June 2026

9th July 2026

13th August 2026