



Lancashire &
South Cumbria
NHS Foundation Trust

DROP IN SESSIONS

With our our Primary Mental Health Worker Team

Where?

Garstang Library

PR3 1EX



- 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

3rd Thursday of every month

2:00PM-4:30PM

16th October 2025

20th November 2025

18th December 2025

15th January 2026

19th February 2026

19th March 2026

16th April 2026

21st May 2026

18th June 2026

16th July 2026

20th August 2026