

Compass BLOOM

CENTRAL & WEST LANCASHIRE
MENTAL HEALTH SUPPORT TEAMS

HELLO.
WE'RE NEW
HERE!

MENTAL
health
MATTERS

We support young people who struggle with:



MILD TO
MODERATE
ANXIETY



LOW MOOD:
SADNESS.
LOW
MOTIVATION



DIFFICULTY
MANAGING
EMOTIONS



DIFFICULTY
ADJUSTING TO
CHANGE AND
TRANSITION

COMPASS BLOOM IS NOW IN YOUR SCHOOL

WHO WE ARE

Compass Bloom are a Mental Health Support Team. We are an early intervention and prevention service. We support children with mild to moderate anxiety and low mood.

WHAT WE DO

- Assemblies about emotional wellbeing
- Small group emotional wellbeing workshops
- Parent/Carer advice and guidance bookable via this link [CLICK HERE](#) or visit: [bit.ly/Parent Carer Consultation](https://bit.ly/Parent_Carer_Consultation)

COMING SOON

- 6 - 8 week 1:1 interventions for anxiety and low mood
- Referrals are taken via the Senior Mental Health Lead in your school

MORE INFORMATION

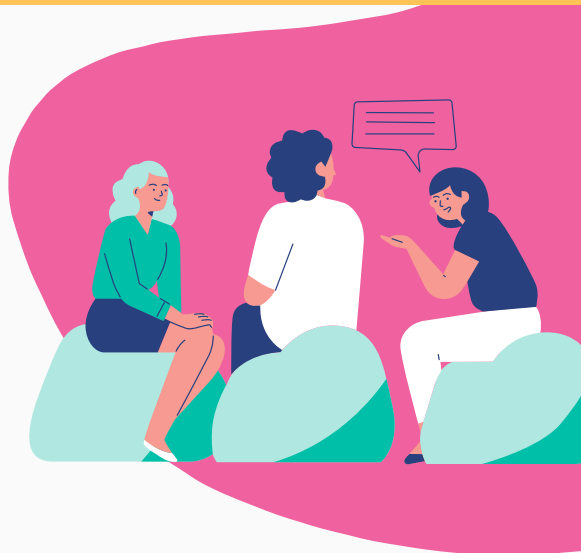
We will gradually be introducing our full offer over the next few months. For more information about our service, visit our website and follow us on social media.

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FOLLOW US ON OUR SOCIALS:

   @compassbloom



Scan me

