Beam is an emotional well-being service for Children & Young People under 25 years old who are registered with a GP in Shropshire or Telford & Wrekin.

How Beam helps

Beam can support with anything relating to emotional well-being.

When we are emotionally healthy we:

- Function in society, whether that is at school, college, uni or at work, or when we are with friends and family.
- Cope with life's challenges by drawing on our strengths.
- Understand and manage our emotions, expressing them in appropriate ways.
- Accept ourselves and show acceptance of others.

Our team is made up of experienced well-being practitioners who will take the time to listen to whatever it is that is troubling young people. We aim to boost the resilience of young people by helping them develop coping skills for when life presents challenges.

What support do Beam offer?

We are currently offering support via:

- Face to Face sessions at our Drop in service (Wellington and Shrewsbury)
- Virtual face to face (via MS Teams) Pre booked appointments (limited availability)

What will Beam do?

- Recommend strategies and techniques that aim to make life easier – for example, how to manage a panic attack, or how to improve sleep.
- Give practical suggestions and advice – this might be suggesting you look at particular websites or that you contact another service.
- Provide a listening ear if a young person has something they want to get off their chest.

Typical issues Beam can support with include:

- Anxiety (low-level) & worry
- Anger
- Identity
- Low mood
- Panic
- Self-esteem
- Sexuality
- Sleep
- Stress

What won't Beam do?

- Assess or diagnose any conditions.
- Automatically make referrals into other services.
- Necessarily have to tell anyone that a young person has spoken to Beam. There may be times where we feel we need to speak to other people, services or agencies. We will try and speak to you about this before we do.

Example issues that are **outside** of Beam's remit include:

- Crisis support
- Behaviour management
- Eating disorders
- Where a mental health diagnosis exists

Accessing support from Beam

You can request support from Beam via our website:

1. Scroll down the page to 'register with us'.
2. Complete your details on the form.
3. We will contact you by email to advise of the next steps

If you have been to Beam before, or you want to request a follow-up session, follow the same link – there will be an option to say you have already registered so you won't need to complete all of your details again!

Beam

Shropshire
Telford and Wrekin

The Children's Society

Come along and see us at one of our drop in sessions (no appointment necessary) on **Tuesdays and Thursdays 10am-6pm** (last session 5.30pm) at 9 Market Street, Wellington, Telford, TF1 1BP or **Mondays 12pm-4pm** (last session 3.15pm) at The Lantern, Meadow Farm Drive, Shrewsbury, SY1 4NG.

- Young people aged 14 years+ can register themselves.
- Young people aged 13 and under will need a parent/carer to register on their behalf.

If you have any questions about the Beam service, please contact us via email:

shropshirebeam@childrenssociety.org.uk