



**Shropshire Telford &  
Wrekin Beam**

**Ludlow Beam**



Beam is an emotional wellbeing service for children and young people under 25. Talking about how you're feeling isn't always easy, but Beam are here to help.

Our sessions give young people the opportunity to talk with trained practitioners who can give practical support, advice and suggestions as to how they can manage their thoughts and feelings.

We can support various emotional wellbeing issues – here are a few:

- Feeling anxious or having a low mood;
- Stress and worry;
- Issues with sleeping;
- Managing feelings of anger and frustration;
- Struggling with self-esteem.

If we can, we will signpost you to other services or organisations who can support you as well.

Parent and carer support can be given in conjunction with a young person.

## How can a young person access support from Beam?

Support can be requested by email to [AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)

- Young people aged 14+ can email and request support themselves.
- Young people aged 13 and under will need a parent or carer to email on their behalf.

A follow-up email will ask for a few details about the young person, and ask them to follow the links to register and consent for the service if they have not been to Beam before. Once this has been done, a member of the team will make contact and offer a time where one of the practitioners will call.

The call itself is completely led by the young person, and there will be no pressure to talk about anything unless the young person wants to.

### IMPORTANT INFORMATION

If there is any immediate risk to life please contact Emergency services, this is not an emergency response email.

This email is not monitored outside of 10am-6pm Monday to Friday.

**If you have any questions, please get in touch via:**

**[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)**

More information about The Children's Society and Beam can be found via:

<https://www.childrenssociety.org.uk/beam/shropshire>

Proud to be part of Bee U: <https://camhs.mpft.nhs.uk/beeU>