



Be Kind to your Mind.

Looking after your MIND is as important as looking after your BODY

If you are worried about your mental health, or just have a few questions on how you can keep your mind healthy, drop into Beam- your new emotional & wellbeing health service.

You will be met with a friendly face and someone to talk to whatever is on your mind. You don't need an appointment - Just drop in.

We are open:

Monday 2pm- 6pm Hollinswood Neighbourhood Centre, 7 Downmead, Hollinswood, Telford, Shropshire, TF3 2EW

Thursday 2-6pm Palmers Coffee Shop (we are upstairs) Baptist Church, Claremont St, Shrewsbury SY1 1QG

Please note that from 5.15 -6pm we provide resources and signposting only

Pop in and find out more about what we do.

If you want to ask us a question or want to find out more about what we do, email us on AskBeam@childrenssociety.org.uk.