

F.A.Q's

What is the 'drop in'?

This is the space where young people can visit without an appointment to speak to a friendly face about their emotional health and wellbeing or anything that is on their mind.

Who can visit the 'drop in'?

Young people who are aged 0 – 25. Professionals, Parents and /carers can attend for advice and guidance with their children or children that they care for.

Where is the 'drop in' and when is it open?

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

Thursday **2pm – 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

What happens when I go to the 'drop in'?

You will be welcomed by staff who will show you around. You might play some games or do some mindful colouring and in your own time you can discuss your concerns. You won't be forced to speak until you are comfortable and ready. So this might mean you visit a few times just to build trust. If you have any questions or are thinking of dropping in you can email us on AskBeam@childrenssociety.org.uk

Who will be at the drop in?

This is staffed by a group of trained professionals which may include therapists, youth workers and volunteers.

What If I can't get to the 'drop in'?

One of our partners is able to provide an online counselling service for you. This can be found at www.kooth.com where you can register and share information confidentially with trained professionals.

What won't be available at the drop in'?

Clinical Assessments, Structured therapy, Counselling sessions, Family therapy.

