

# What is Beam?

## Our Services

Our great team of Youth Workers, Therapists and trained Wellbeing Volunteers offer young people guidance on mental health topics. We provide caring advice and guidance in particular areas including anxiety, mood management and self-esteem.

Located in comfortable surroundings, we have a variety of online resources that can be accessed, if young people just want to browse some information. We also run a wide range of therapeutic and wellbeing groups and workshops for young people and parents/carers to access.

## Empowerment

Our team is very passionate about empowering young people. Simply listening to a young person's experience or using therapeutic strategies and providing information can make all the difference.

## How to contact our Services

Clinicians who may have questions about our service are welcome to email us on:

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

Beam is a recently launched drop-in facility in Shrewsbury & Telford. Our aim is to provide young people aged 0 – 25, parents/ carers of young people & professionals with advice, signposting and support with any concerns relating to mental and emotional wellbeing.

If you think Beam may be useful for a young person you are working with, we would encourage a young person to visit us.

There is no need to book an appointment- young people can simply drop in and converse with volunteers and staff on the below dates and venues:

### Monday 2pm- 6pm-

Hollinswood Neighbourhood Centre, 7 Downemead, 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*

**BEAM**  
Shropshire, Telford & Wrekin