

Beam

Shropshire
Telford and Wrekin



EMOTIONAL WELLBEING SUPPORT FOR CHILDREN & YOUNG PEOPLE UNDER 25

The
Children's
Society

No child
should feel
alone

BeeU
Emotional Health and Wellbeing

Who can use Beam?

If you are under 25 and **registered with a GP in Shropshire, Telford & Wrekin**, you can receive support from Beam.

You do not need a referral – have a read of this leaflet and if you think we might be the right service for you the back page explains how to get in touch.



What can Beam help with?

Anything relating to emotional wellbeing!

We want to help you understand your thoughts & feelings, and give you practical coping suggestions.



Does Beam support parent/carers?

Beam is a service for and about young people. We recognise there are instances where it is necessary to support parents and carers. The amount of parent/carer support we can offer is limited however. We may be able to signpost you to other services or useful resources.



What WILL Beam do?

Our team is made up of **experienced wellbeing practitioners** and wellbeing volunteers who will take the time to listen to whatever it is that is troubling you.

We can recommend **strategies and techniques** that aim to make life easier – for example, how to manage a panic attack, or how to improve sleep.

We will give **practical suggestions and advice** – this might be suggesting you look at website or that you contact another service.

We can provide **a listening ear** if you have something you want to get off your chest.



What WON'T Beam do?

We **won't** assess or diagnose any conditions.

We **won't** automatically make referrals into other services.

We **won't** necessarily have to tell anyone that you have 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.)

Accessing Beam

We are currently offering phone support. This is how you can access it:

STEP 1:

Send an email to AskBeam@childrenssociety.org.uk

You can include **as much or as little information** as possible. It is always helpful if you can say what area you are in.

Please note this is not an emergency response email, and only monitored between 10am-6pm Mon-Fri.

STEP 2:

We will reply to you so keep an eye on your inbox!

- **If you are new to our service** you will be asked to complete two links included in the email: one called 'Information Sharing & Consent' and the other called 'Registration'.
- **If you are already registered** you will be asked to provide some **basic info** so we can trace you on our system.

If you have any issues with completing the links don't worry – email us your contact number and we can go through them with you!

STEP 3:

Someone from the team will be in touch with you to let you know a date & time that we will call you back. We will try and do this by email & text message.

Don't worry if you can't make that time – just let us know ASAP.

STEP 4:

Appointment time! Find somewhere you are comfortable to talk and wait for us to call you. It will be from a withheld number, so make sure your phone is ok to accept this.

STEP 5:

Try out the suggestions made. If you feel like you want some more support, get in touch with us by email again and we can set another appointment up. There is no time limit – **we're here when you need us!**

PLEASE NOTE:

If you are 14+, you can register with us yourself.

If you are 13 or under you will need to ask your parent/carer to follow these steps on your behalf.