**Getting care and support for children and young people**

BeeU is the emotional health and wellbeing service for Shropshire, Telford & Wrekin. It is available to children and young people up to 25 years of age.

Midlands Partnership NHS Foundation Trust (MPFT) is the lead provider and commissions a number of voluntary sector agencies to deliver different parts of the service.

**Open access and self-referral**

Anyone can access the website, beeu.org.uk. The self help section provides up-to-date details of the online counselling and drop-in facilities. It also has information about a number of common conditions.

Online counselling is available at [https://kooth.com](https://kooth.com/)/for people aged between 11 and 25. This operates:

* + - 12:00 to 22:00 (Monday to Friday)
    - 18:00 to 22:00 (Saturday, Sunday and Bank Holidays)

Drop-in facilities are provided by The Children’s Society, known as BEAM, and offer immediate access to support and advice, structured counselling and therapy.

**Telford**

*9 Market Square, Wellington, Telford. TF1 1BP*

Monday 12:00pm-7:00pm

Tuesday 12:00pm-7:00pm

Saturday 11:00am-4:00pm.

**Shropshire**

Palmers Coffee Shop, Belmont Church Claremont Street, Shrewsbury. SY1 1QG.

Thursday 2:00pm-7:00pm.

Other venues are being sought and will be added to the self help section of beeu.org.uk.

**How to refer to the specialist mental health multi-disciplinary team (formerly known as CAMHS)**

If you have a child or young person with severe and enduring mental illness, you can refer them to the specialist team. Telephone 0300 124 0093 or email [025SPA@mpft.nhs.uk](mailto:025SPA@mpft.nhs.uk). These are staffed Monday – Friday, 9am – 5pm.

**Any health and care professional can refer into the specialist team,**

**this includes staff working in schools.**

**\*\* For suicidal young people, please telephone \*\***