**What is Beam?**

Beam is a recently launched drop-in facility in Shropshire and Telford. Our aim is to provide young people, up to the age of 25 with advice, signposting and support with any concerns relating to mental and emotional wellbeing. Beam is part of the new Mental Health service in Shropshire and Telford, previously known as CAMHS. Beam is run by The Children’s Society.

**Our Services**

Our great team of Youth Workers, Therapists and trained Wellbeing Volunteers offer young people with guidance on mental health topics. Our specialist staff members 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**

The team is very passionate about empowering young people. Simply listening to a young person’s experience or providing more formal therapeutic sessions and information can make all the difference.

**How to access our Services**

Clinicians who may have questions about our service are welcome to email us on: AskShropshireBeam@childrenssociety.org.uk

If you think Beam may be useful for a young person you are working with, we would encourage a young person to visit us. We are running information on our services throughout September 2017, ready for us launching our drop in fully in October 2017.

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:

**Mondays 1pm-5:30pm**- Hollinswood Neighbourhood Centre, 7 Downemead, Hollinswood, Telford TF3 2EW *\*Starts in October\**

**Thursdays 2-6pm**- Palmers Coffee Shop, Claremont Street, Shrewsbury, Shropshire *\*Starts 14th September\**