

**The
Children's
Society**

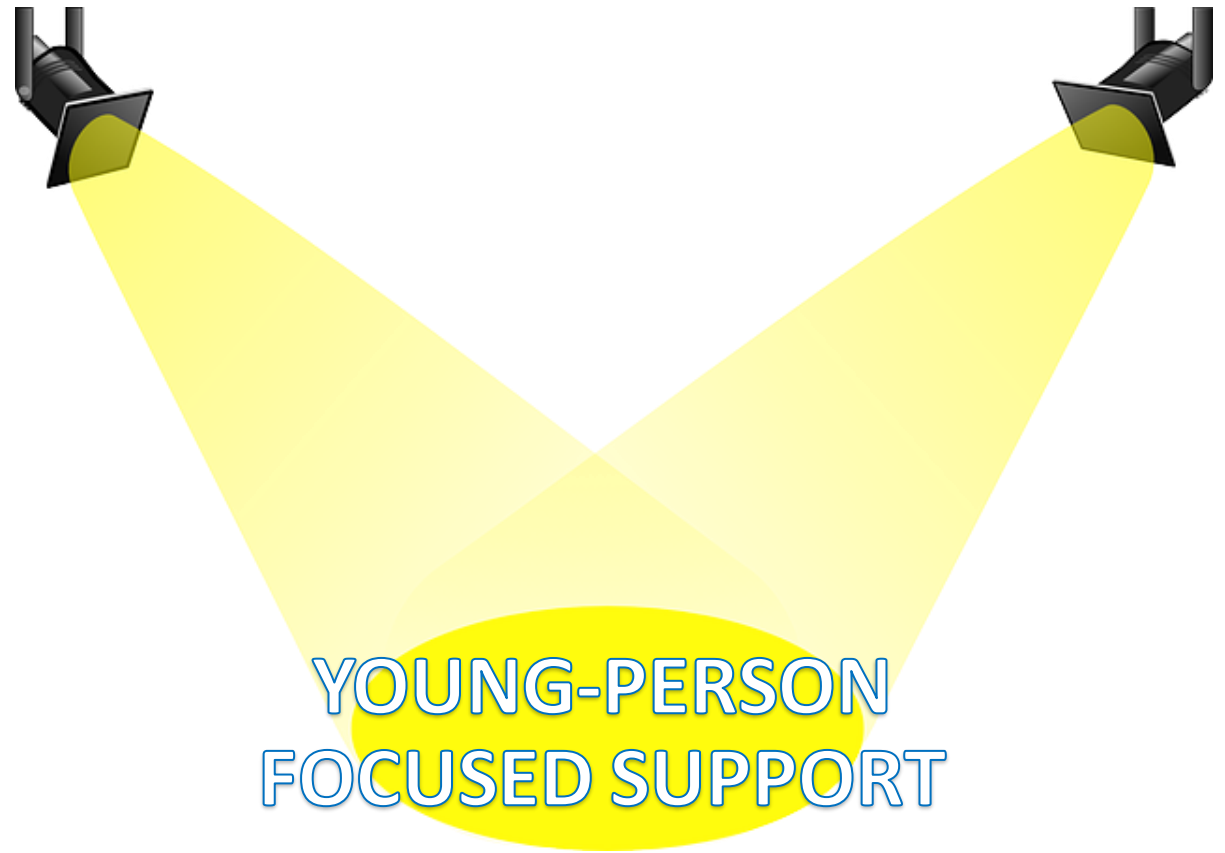
Shropshire, Telford & Wrekin Beam

Emotional Well-being Support For Children & Young People Under 25.



Who can access Beam?

Any young person who is under 25 and registered with a GP in Shropshire or Telford & Wrekin can access support from Beam.



**YOUNG-PERSON
FOCUSED SUPPORT**

No referrals.

Support for young people when they want it.

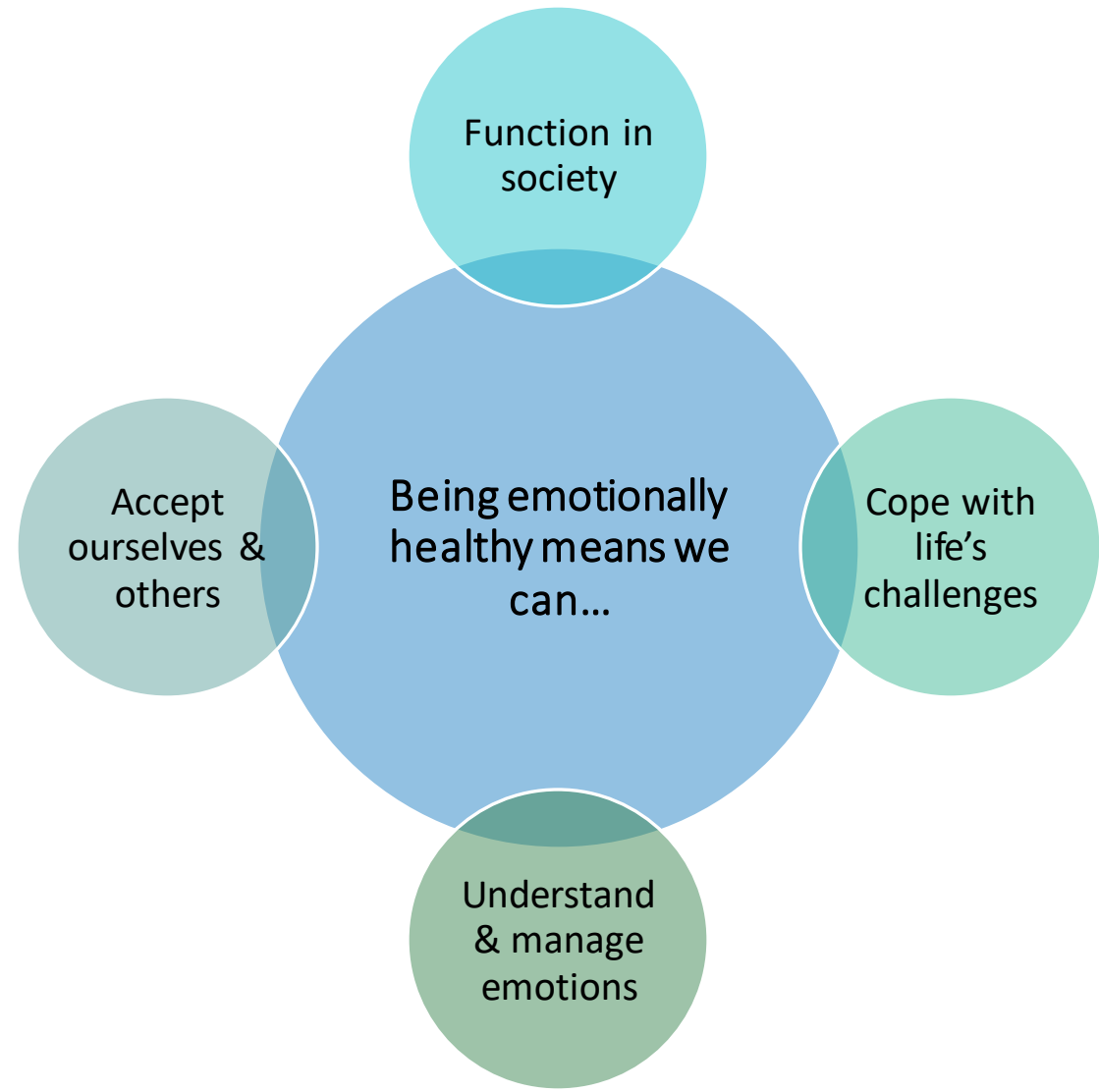
No waiting lists.

Support for young people when they need it.

Beam can help with anything relating to emotional well-being

We take the time to listen to whatever it is that is troubling young people.

We aim to boost the resilience of young people by helping them develop coping skills for when life presents challenges.



What are the typical issues Beam can support with?

- Anxiety (low-level) & worry.
- Anger.
- Identity.
- Low mood.
- Panic.
- Self-esteem.
- Sexuality.
- Sleep.
- Stress.



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 a young person has something to get off their chest.



What won't Beam do?

- Issues outside of our remit include:
- Crisis support.
- Toileting.
- Behaviour management.
- Eating disorders.
- Where a mental health diagnosis exists.

Please note this list is not exhaustive.



We won't assess or diagnose any conditions.



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



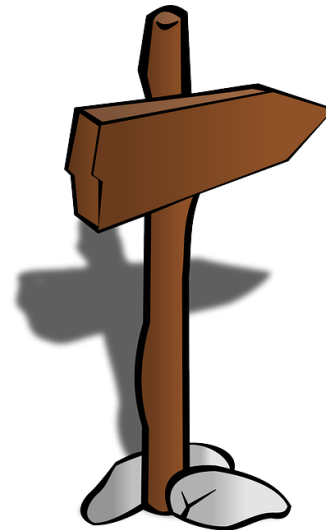
We won't necessarily have to tell anyone that a young person has spoken to Beam.

Parent & Carer Support

Beam is a service for and about young people.

We recognise there are instances where it is necessary to support parents and carers, but the amount of parent/carer support we can offer is **limited**.

We may be able to signpost you to other services or useful resources.



What support is being offered?

Since April 2020, we have been offering support over the phone via a callback service.

We also offer virtual sessions via MS Teams.



[www.childrenssociety.org.uk//
beamshropshire](http://www.childrenssociety.org.uk//beamshropshire)

How can
young people
access
support?

All requests for support need to
be done via our website.

Well-being drop-in services ▶

BEAM Shropshire, Telford and Wrekin

We are an emotional health and well-being drop-in
service for young people under 25 years old who

are registered with a GP in Shropshire, Telford or

Young people aged 14+ can request support themselves.

Young people aged 13 and under will need a parent/carer to request support on
their behalf.

FAQs

I've been told Beam can fast-track my child into Bee U (CAMHS)?

I've been told Beam will assess for conditions such as ADHD or ASD. Is this right?

Beam **is not** a route into specialist mental health services such as Bee U (CAMHS).

As mentioned earlier, Beam **do not** assess for or diagnose any conditions.

Any referral into Bee U should be done via your GP or your child's school.

FAQs

I've been told I have to access Beam for my child. Why?

“ Beam works with young people who want to access support from us.

As such, you and your child do not have to access Beam if you don't want to.

Other professionals (including social care) are aware that we will not force anyone to engage with us if they don't want to.

”

I think my child should speak to you, but they don't want to. What can you do?

“ As we have said, it is important that young people want to engage with us.

Our practitioners will not force any young person to engage with us, and they won't push for them to talk about something they are not ready to.

”

FAQs

Can you support with my child's behavior?

“ We do not offer behavioural support unless there is an emotional well-being issue. We would suggest you seek parenting support instead. ”

Can we pre-book a series of weekly appointments?

“ No. Beam offers un-structured support, which means that we do not book a regular appointment with the same person. If a young person feels they want to have support from us again, a new request should be submitted via the website. ”

FAQs

Can my child speak to the same person each time?

“ Given the way the service works, this is not possible. However, we are a small team of practitioners so it may be that your appointment is made with the same practitioner. ”

Does this mean repeating what has already been discussed?

“ No. We make notes on our case recording system at the end of each session which will be reviewed before any future session. ”

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