

Update from BEAM

Since April 2020, Beam have been offering a call-back telephone service for children and young people who want support for their emotional health and well-being.

The telephone support replaces the Beam drop in sessions and is available for those aged 0-25 years who need some advice, a listening ear or just want to get some more information on how to feel better about themselves.

BEAM have produced a number of useful resources during this period:

[Talking to your child about coronavirus](#)

[Responding to reassurance seeking](#)

[A guide for coping with social anxiety](#)

[Transitions during and beyond lockdown](#)

To access the call back support, young people can email AskBeam@childrenssociety.org.uk asking for support.