



Information for Parents & Carers about

Shropshire, Telford & Wrekin Beam:

An emotional wellbeing service for Children & Young People under 25 years old who are registered with a GP in Shropshire, Telford & Wrekin.



**The
Children's
Society**



This service is run by The Children's Society: Proud to be part of Bee U.

WHAT CAN BEAM HELP WITH?

Anything relating to emotional wellbeing!

But what is emotional wellbeing?! In simple terms, it is **emotional health & happiness**.

When we are emotionally healthy we:

- ✓ **Function in society**, whether that is at school, college, uni or at work, or when we are with friends and family;
- ✓ **Cope with life's challenges** by drawing on our strengths;
- ✓ **Understand and manage our emotions**, expressing them in appropriate ways;
- ✓ **Accept ourselves** and show acceptance of others.

Our team is made up of **experienced wellbeing practitioners** & wellbeing volunteers who will 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.



Referrals are not needed to access Beam.

Young people age 14+ can contact us directly if they want to access support.

Young people under 14 years old will need a parent/carer to do this on their behalf.



WHAT ABOUT 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. 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?

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.

Typical issues Beam can support with:

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



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 young people have spoken to Beam.

Issues outside of Beam's remit include:

- Crisis Support;
- Toileting;
- Behaviour management;
- Eating disorders
- Where a mental health diagnosis exists.



Please note this is not an exhaustive list.

Accessing Beam

You can request support from Shropshire Telford & Wrekin Beam via our website. We are offering support over the phone and virtually via MS Teams.

STEP 1:

Go to <https://www.childrenssociety.org.uk//beamshropshire>, and scroll down the page to 'register with us'.

Complete your details on the form, and we will then contact you with an appointment offer.

If you have been to Beam before, or you want to request a follow-up session, follow the same link – there will be an option to say you have already registered so you won't need to complete all of your details again!

STEP 2:

We will contact you by email so keep an eye on your inbox!

We will give you 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 by replying to the email.

We usually offer a phone appointment first – if you would prefer a virtual call via MS Teams, please let us know when you receive your appointment and we will try and accommodate this.

STEP 3:

Appointment time! Find somewhere 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 4:

Try out the suggestions made. If you feel like you want some more support, you can request another session via the website link.

*There is no time limit – **young people can contact us when they need us!***

PLEASE NOTE:

Young people 14+, can register independantly.

Young people 13 or under will need a parent/carer to register on your behalf.