



The Linden Centre Assessment & Intervention Short Stay School

BEAM: Be Kind to your Mind Children and Young People Drop in (Telford)

**Hollinswood Neighbourhood Centre
7 Downmead
Telford
TF3 2EW**



- BEAM is a new mental and emotional health service.
- BEAM is run by The Children's Society.
- BEAM is a new drop in for children and young people up to the age of 25.
- BEAM is open very Monday 1pm until 5.30pm
- If you need some advice, a listening ear or just want to get some more information on how to feel better about yourself, come and see us.
- You will be met with a friendly face and someone to talk to if you want to about anything on your mind.
- You don't need an appointment or permission to come, just drop in.
- A variety of qualified staff will be on hand to offer advice and guidance on low-level emotional health and wellbeing needs.
- Staff include Mental Health Nurses, OTs and other Psychological Well-being practitioners and Youth Workers.
- There will also be a team of trained volunteers with special skillsets, to engage effectively with children and young people.
- The drop in is for children and young people aged 0-25.
- Parents are required to remain with young children where as young people can drop in by themselves.
- Teachers and other professionals can also bring children and young people.

Who to Contact

Email: AskBeam@childrenssociety.org.uk

Every Monday 1pm - 5.30pm

Drop in sessions no appointment needed

Age Range: 0-4 years, 5-10 years, 11-16 years, 20-25 years