

WHO CAN USE BEAM?

Anyone under the age of 25 can get support from Beam.

Parent and carer support can be given in conjunction with a young person.

No referrals & no appointments; those wishing to access the Beam service can just come along to a drop-in session.



Beam is run by **The Children's Society**, a national charity that works with the most vulnerable children and young people in Britain today. For more information about the history of our organisation, as well as details of our various projects, please visit our website:

<https://www.childrenssociety.org.uk>

Our aim is to give advice, signposting and support with any concerns relating to mental and emotional wellbeing.

We are a multi-disciplinary team made up of Therapists, Youth Workers & Wellbeing Volunteers.

We listen + know this can make all the difference.



WE WILL

give low-intensity therapeutic support, practical support and promote psycho-education.

WE WON'T

diagnose, automatically make referrals or deliver structured therapy.

It can be scary going somewhere for the first time; our drop-ins are set out to be as welcoming as possible. A team member will greet you and ask you to register before a practitioner will introduce themselves, and then take the time to listen before making suggestions.