

We all need support with how we feel – now more than ever... Beam can help.



We are an emotional well-being service for young people under 25 who are registered with a GP in Shropshire or Telford & Wrekin.

If you're feeling down, struggling with your feelings or just need to get something off your chest we are here to help.

Our team can give you practical suggestions and advice – for example, how to manage a panic attack, or how to improve sleep.

**To find out more about how Beam can help you to cope with life's challenges, or to request support, go to our website:**

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

**Find us on Instagram – search for @shropshirebeam.**

**The  
Children's  
Society**