

## Do you feel stressed, anxious or notice your mood isn't great at the moment?

Whatever it is, Beam can support you with anything linked to emotional wellbeing. If you are under 25, we are here to support you. This is how you can connect with us.

### Follow us!

- ✓ **Get updates** about our service
- ✓ **Access content** to support your wellbeing
- ✓ **Get information** about Beam
- ✓ **Get information** about other services

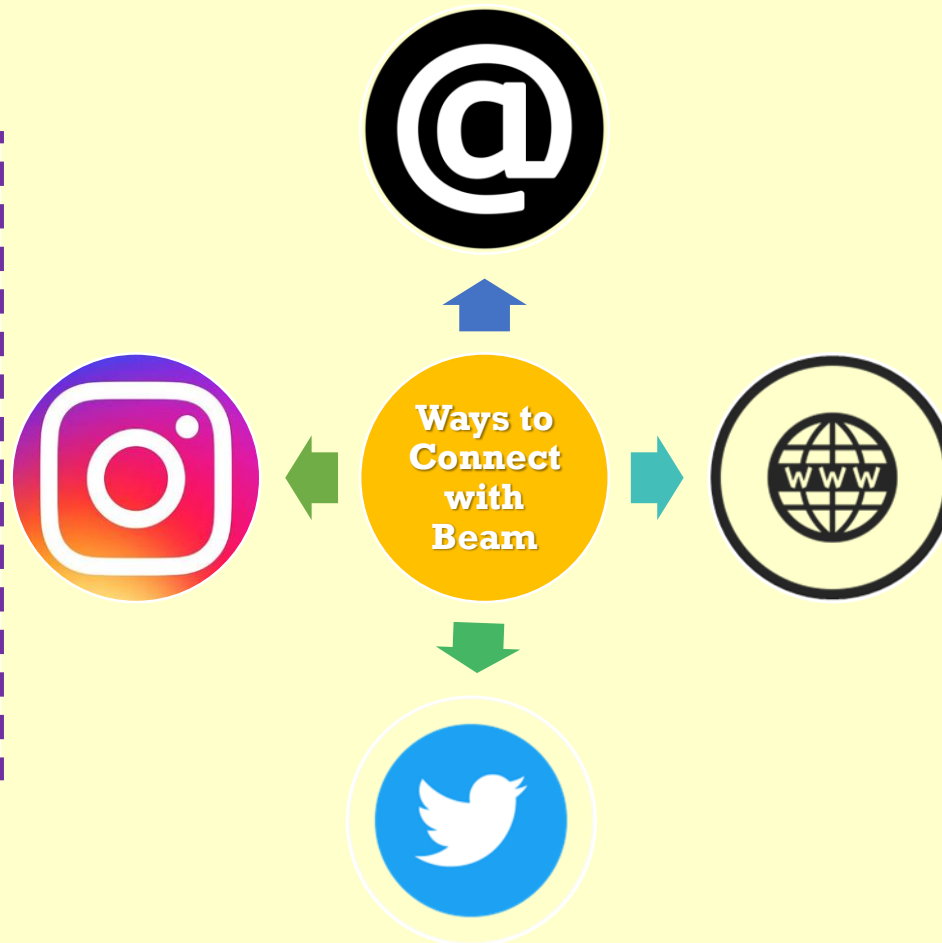
### Instagram

[@shropshirebeam](https://www.instagram.com/shropshirebeam)

This account does not accept DMs or comments

### Twitter

[@GemmaBeamTCS](https://twitter.com/GemmaBeamTCS)



### Email

- ✓ **Request support** via our callback service
- ✓ **Get information** about what we offer

[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)

#### Please note:

- This email address is not monitored outside of 10am-6pm Mon-Fri
- In an emergency please contact 999.

### Websites

**The Children's Society** website:

- ✓ **Access** our resources
- ✓ **More information** about our organisation  
[www.childrenssociety.org.uk/beam/shropshire](http://www.childrenssociety.org.uk/beam/shropshire)

**Bee U** website:

- ✓ Get information about the Bee U service  
<https://camhs.mpft.nhs.uk/beeU>