

## Signposting Information

### The Children's Society 'BEAM' Drop-ins:

Beam is a BeeU drop-in service where you can discuss current difficulties with mental health practitioners who will be able to offer support and advice to the young person and/or their parents.

Support is normally offered in group sessions, but due to Covid-19 these sessions can also be accessed by telephone and video call, and in some cases they can offer a Face-to-Face by appointment.

They offer support with:

- Anxiety
- Anger management
- Boosting self esteem
- Emotional regulation
- Low mood

You can request support online via their registration system:

[www.childrenssociety.org.uk/beamshropshire](http://www.childrenssociety.org.uk/beamshropshire)

Scroll down the page, click 'register with us' and complete the online form. If more support is required from those already registered with the service then a shortened form will ask for basic details via the same link.

You may also find the following service helpful.

### Kooth:

Kooth is a BeeU online counselling and emotional wellbeing service for children and young people aged 11+. They offer support for many issues including anxiety, bullying, body image, gender identity, anger management or low mood.

The website also offers professional and peer support, and self-help material:

- Daily journal - Track your feelings or emotions and reflect on how you're doing
- Magazine - Helpful articles, personal experiences and tips from young people and the Kooth team
- Discussion boards - Start or join a conversation with the friendly Kooth community
- Live chat - Professional counsellors available for live online chats 7 days a week
- Messaging facility - Chat to the team about anything that's on your mind

The website is available 24 hours; live online chats are between:

12:00 to 22:00 (Monday to Friday)

18:00 to 22:00 (Saturday, Sunday and Bank Holidays)

Please visit [www.kooth.com](http://www.kooth.com) where you can register with a unique log in, you can use your mobile phone, laptop, computer or tablet.

### Autism West Midlands:

This is the service available locally for support with autism and autistic traits. They provide peer support for families, advice and workshops. A diagnosis is not needed to access this support.

Telephone: 0121 450 7575

[www.autismwestmidlands.org.uk](http://www.autismwestmidlands.org.uk)

### Autism Hub Telford:

Telford Autism Hub is an autism diagnostic and support service for people registered with a GP within Telford & Wrekin.

Diagnosis from 18+

Support for 0 - 18

Telephone: 0121 450 7575

[www.telfordautismhub.org.uk](http://www.telfordautismhub.org.uk)

There are also resources available from:

[www.autism.org.uk](http://www.autism.org.uk)

[www.thegirlwiththecurlyhair.co.uk](http://www.thegirlwiththecurlyhair.co.uk)

**Early Help Shropshire:**

Support with managing behaviour is provided by Shropshire Council through the Early Help service, advice clinics and workshops delivered in various locations around the county.

[www.shropshire.gov.uk/early-help](http://www.shropshire.gov.uk/early-help)

Online resources for parents are also available from: [www.familylives.org.uk](http://www.familylives.org.uk)

**Early Help Telford & Wrekin:**

Support with managing behaviour is provided by Telford & Wrekin Council through Family Connect.

[www.familyconnecttelford.co.uk](http://www.familyconnecttelford.co.uk)

Online resources for parents are also available from: [www.familylives.org.uk](http://www.familylives.org.uk)

**Empathy for Special Children:**

This is a youth club providing activities for children and young people with a special education need including autistic traits. They provide activities aimed at boosting confidence in young people who struggle to access mainstream groups. They also offer support for families, including specific support for siblings

[www.empathyforspecialchildren.org](http://www.empathyforspecialchildren.org)

**The Curly Hair Project:**

The Curly Hair Project is a social enterprise which supports people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe. We use cool things like animated films, comic strips and diagrams to make our work interesting and easy to understand.

[www.thegirlwiththecurlyhair.co.uk](http://www.thegirlwiththecurlyhair.co.uk)

**Autism Support Helpline:**

A free, confidential service providing advice, support, and information for adults, young people and their families.

Telephone: 0800 031 5445

**Autism.org:**

[www.autism.org.uk](http://www.autism.org.uk)

**Shropshire Psychological Therapies:**

This is the adult talking therapy service available to people aged 16+. This is a self-referral service. Please see the leaflet enclosed for more information.

Telephone: 0300 123 6020

Email: [iaptshropshire@nhs.net](mailto:iaptshropshire@nhs.net)

**Telford and Wrekin Wellbeing Service:**

This is the adult talking therapy service available to people aged 16+. This is a self-referral service. Please see the leaflet enclosed for more information.

Telephone: 01952 457415

Email: [wellbeing.telford@mpft.nhs.uk](mailto:wellbeing.telford@mpft.nhs.uk)

**Silver Cloud:**

This is an online programme provided through the Telford and Wrekin Wellbeing Service for anxiety, depression or stress. This is a self-referral service available to people aged 16+.

[www.wellbeingtelford.silvercloudhealth.com/signup](http://www.wellbeingtelford.silvercloudhealth.com/signup)

**Bright Star Boxing:**

Bright Star is a not for profit organisation that uses boxing and education to empower vulnerable people to make positive changes to transform their lives.

[www.brightstaboxing.co.uk](http://www.brightstaboxing.co.uk)

**Young Minds:**

Support with anxiety and mental health especially around current world issues.

Telephone: 0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**No Panic:**

Helpline available for support with anxiety (aged 13-20).

Telephone: 0330 606 1174

[www.nopanic.org.uk](http://www.nopanic.org.uk)

**Mood Juice:**

A free NHS app with self-help materials.

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

**Kidscape:**

Resources available for support with bullying.

Telephone: 0207 823 5430

[www.kidscape.org.uk](http://www.kidscape.org.uk)

**Beat:**

Resources available for support with eating disorders.

Telephone: 0808 801 0677

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**Calm Harm:**

Resources available to support with self harming behaviour for people aged 13+.

[www.calmharm.co.uk](http://www.calmharm.co.uk)

**Dyspraxia Foundation:**

[www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)

**Truth Project:**

[www.truthproject.org.uk/i-will-be-heard](http://www.truthproject.org.uk/i-will-be-heard)

**The Freedom Programme:**

[www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)

**Tourette's:**

[www.tourettes-action.org.uk](http://www.tourettes-action.org.uk)

**The Children's Sleep Charity:**

Their aim is to support families to get a better night's sleep by offering workshops, clinics and written materials. They use a behavioural approach to sleep and work in partnership with families.

[www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)

**The Sleep Council:**

If you continue to have persistent difficulties with sleep, your GP may be willing to refer you to the Sleep Council for the 30 day Sleep Plan.

[www.sleepcouncil.org.uk/30-day-better-sleep-plan](http://www.sleepcouncil.org.uk/30-day-better-sleep-plan)

**NHS Sleep Apps:**

There are various apps recommended by the NHS that support with sleep:

[www.nhs.uk/apps-library/category/sleep](http://www.nhs.uk/apps-library/category/sleep)

**Bereavement Services****Cruse Bereavement Support:**

Telephone: 0808 808 1677

[www.cruse.org.uk](http://www.cruse.org.uk)

**Hope Again:**

(Cruse youth website)  
[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

**The Lullaby Trust:**

Provides advice and support for bereaved families. Specially trained advisers are available on its helpline.

Telephone: 0808 802 6868

Monday to Friday 10am to 5pm

Weekends and public holidays 6pm to 10pm

**Edwards Trust:**

Person centred bereavement counselling from an organisational member of the British Association for Counselling.

Support is offered to anyone affected by the death of a child 18 or under and trust accepts referrals from West Midlands, Staffordshire, Shropshire, Warwickshire and Worcestershire areas.

[www.edwardstrust.org.uk](http://www.edwardstrust.org.uk)

[www.achildofmine.org.uk/our-services](http://www.achildofmine.org.uk/our-services)

**Child Bereavement UK:**

Supporting families and educating professionals for when a baby or child dies or is dying, or when a child is facing bereavement.

Telephone: 0800 0288 840

[www.childbereavementuk.org](http://www.childbereavementuk.org)

**Grief Encounter:**

For children, teenagers or adults, who have experienced the death of a loved one, or for a caregiver who needs advice on how to support young people following the death of a parent or sibling.

Call, email or webchat with trained professionals 5 days a week, 9am to 9pm excluding bank holidays.

Telephone: 0808 802 0111

Email: [griefftalk@griefencounter.org.uk](mailto:griefftalk@griefencounter.org.uk)

[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

**PRISM Community Support Services Telford & Wrekin and Shropshire:**

Peer support, a listening ear, guidance and support for adults, children and young people aged 5 -18.

Offers the opportunity to process grief by providing a safe, quiet space to cry, talk openly or just sit and be with someone who is there to listen.

They cover all aspects of bereavement, grief and loss and have a number of support services available.

Telephone: 01952 872 858

Email: [prismtelford@gmail.com](mailto:prismtelford@gmail.com)

**IASS Telford & Wrekin:**

Independent advice, information and support with special educational needs including health and social care is available from:

Telephone: 01952 457176

[www.telfordsendiass.org.uk](http://www.telfordsendiass.org.uk)

**IASS Shropshire:**

Independent advice, information and support with special educational needs including health and social care is available from:

Telephone: 01743 280019

[www.cabshropshire.org.uk/shropshire-iass](http://www.cabshropshire.org.uk/shropshire-iass)

**Smashlife:**

1:1 Mentoring sessions and group work available for young people needing a positive role model, guidance and a listening ear.

[www.smashlifeuk.com](http://www.smashlifeuk.com)

**Gender Identity:**

BeeU does not have a specialist service for difficulties with gender identity. Specialist counselling is provided by the Gender Identity services following referral. Referral to these services will not automatically result in hormone therapy or gender transition. Please see their website for further information and request a referral from your GP if you would like to proceed.

Gender Identity Development Service (children's): <https://gids.nhs.uk>

Gender Identity Clinic (aged 17+): <https://gic.nhs.uk/referrals>

**XYZ Youth Club:**

Shropshire Youth Association offers a youth club for young people who identify as LGBTQ. This operates weekly from varying locations within the county which are kept discreet. There is an email contact on their website if you would like further information:

[www.sya.org.uk/xyz-club](http://www.sya.org.uk/xyz-club)

**Mermaids:**

Resources and support available for young people that identify as transgender and their families.

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

**Empathy for Special Children:**

This is a youth club providing activities for children and young people with a special education need including autistic traits. They provide activities aimed at boosting confidence in young people who struggle to access mainstream groups. They also offer support for families, including specific support for siblings

[www.empathyforspecialchildren.org](http://www.empathyforspecialchildren.org)

**Parents Opening Doors (PODS):**

This is a parent carer forum for families in Telford & Wrekin with a child with a special educational need. They provide peer support for parents, activities for young people, resources and training.

Telephone: 07775 342092

[www.podstelford.org](http://www.podstelford.org)

**Shropshire Parent and Carer Council (PACC):**

This is a parent carer forum for families in Shropshire with a child with a disability or additional need. They provide peer support and the opportunity to contribute to the design and review of local services.

[www.paccshropshire.org.uk](http://www.paccshropshire.org.uk)

**Young Carers:**

[www.carerstrust4all.org.uk/our-services/young-carers-services](http://www.carerstrust4all.org.uk/our-services/young-carers-services)

**Occupational Therapy:**

Shropshire & Telford

[www.shropscommunityhealth.nhs.uk/childrens-occupational-therapy](http://www.shropscommunityhealth.nhs.uk/childrens-occupational-therapy)

**Parental Education Growth Support:**

Supporting Parents and Professionals with child to parent abuse. Under the professionals tab on their website is a referral form for professionals to complete but would require consent from parent to do so.

[www.pegssupport.co.uk](http://www.pegssupport.co.uk)

## **Counselling Services**

BeeU provides counselling through Kooth online services. If you would prefer to access face-to-face counselling, this can be accessed through external providers. These are community interest companies and there is a cost involved:

Oswestry - [www.uandicounselling.org.uk](http://www.uandicounselling.org.uk)

Shrewsbury - [www.thegreenoakfoundation.co.uk](http://www.thegreenoakfoundation.co.uk)

### **Axis Counselling:**

Axis provides counselling to victims and survivors of sexual abuse including Childhood Sexual Exploitation (CSE). Counselling is available for people aged 11+. There may be support available for parents of younger children through the Axis Link.

Telephone: 01952 278000 / 01743 357777

[www.axiscounselling.org.uk](http://www.axiscounselling.org.uk)

Axis also provides the Independent Sexual Violence Advisors service (ISVA) which is available while the case is proceeding through the criminal justice system as you will not be able to seek formal counselling until the case has concluded:

Telephone: 01952 586790 / 01743 243007

### **Shout Crisis Text line:**

If you struggling with suicidal thoughts and keeping yourself safe **text SHOUT to 85258** and someone will call you back.

### **Papyrus:**

Support for young people at risk of suicide. Available 10am-10pm M-F, 2pm-10pm weekends and BH.

Telephone: 0800 068 4141

### **Substance Misuse Telford & Wrekin:**

Support with drug or alcohol misuse is provided by Telford STaRS. This is a free, confidential service with a range of support available, delivered in various settings including outreach (they come to you).

Telephone: 0300 456 4291

[www.telfordstars.org/home/under-18](http://www.telfordstars.org/home/under-18)

Email: [Telfordstars@sssft.nhs.uk](mailto:Telfordstars@sssft.nhs.uk)

### **Substance Misuse Shropshire:**

Support with drug or alcohol misuse is provided by We Are With You. This is a free, confidential service with a range of support available.

Telephone: 01743 294 700

<https://www.wearewithyou.org.uk/services/shropshire-for-young-people>

### **Youth First:**

Youth First Community Child and Adolescent Forensic Service West Midlands is the specialist service for young people presenting a significant risk to others in the West Midlands.

Telephone: 0121 301 4640

Email: [bsm-tr.youthfirst@nhs.net](mailto:bsm-tr.youthfirst@nhs.net)

[www.bsmhft.nhs.uk/youthfirst](http://www.bsmhft.nhs.uk/youthfirst)

### **Climb:**

Delivered by The Children's Society as part of the West Mercia Police Diversionary Network, Climb is an Early Intervention and Prevention service for 10 - 17 year olds at risk of criminal exploitation / county lines. They work with young people who are starting to be reported as missing or are at risk of being drawn into criminal activity. They aim to build resilience to reduce the risk of exposure to criminality.

[www.childrenssociety.org.uk/what-we-do/our-services/climb](http://www.childrenssociety.org.uk/what-we-do/our-services/climb)

**Military Families:**

SSAFA provides support for service men and women and their families:

[www.ssafa.org.uk/get-help/mental-wellbeing](http://www.ssafa.org.uk/get-help/mental-wellbeing)

**Play Therapy:**

BeeU does not currently provide play therapy. However, this is available locally from private providers. This is a network of local play therapists:

[www.playtothrive.co.uk](http://www.playtothrive.co.uk)

I'm passing on a fabulous new website that launched yesterday. It is written for young people wanting to know more about autism (pre-/ during/ post diagnosis).

[Autism Understood](#)