



# BeeU Children's & Family Mental Health Services



Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

Bee U is the emotional health and wellbeing service for people, up to the age of 25, living in Shropshire and Telford & Wrekin. Previously known as CAMHS the service offers a range of support depending on the needs of the child or young person. The services you may be offered are described briefly here or you can find out more about what help is available at <https://camhs.mpft.nhs.uk/beeU>

## Beam - phone or face to face

Beam is an emotional well-being service for children and young people under 25 years old who are registered with a GP in Shropshire or Telford & Wrekin.

Beam are currently offering support via:

- Phone
- Virtual face to face (via MS Teams)

You can request support from Beam via our website:  
<https://www.childrensociety.org.uk//beamshropshire>

Young people aged 14 years+ can register themselves.

Young people aged 13 and under will need a parent/carer to register on their behalf.

If you have any questions about the Beam service, please contact us email [shropshirebeam@childrensociety.org.uk](mailto:shropshirebeam@childrensociety.org.uk)



## Healios

We also work with Healios, an online provider of mental health services  
[www.healios.org.uk](http://www.healios.org.uk)

## Core Team

The core team work with children and young people who have been assessed as having more serious and ongoing mental health needs. Access to this team is usually via a professional who knows what BeeU offers, and knows the young person. Care is provided by a multi-disciplinary team of psychologists, family therapists, mental health nurses, social workers and occupational therapists who can offer different skills and approaches depending on the young person's needs.

## Kooth - online

Kooth provides an anonymous 24-hour online service offering peer support, self-help and have trained counsellors to talk to.

Anyone aged 11-25, living in Shropshire and Telford & Wrekin, can register to access this service and you don't need to be referred or have an appointment

Whilst the website is available 24 hours, there will be someone to talk to online at the following times:

- 12:00 to 22:00 (Monday to Friday)
- 18:00 to 22:00 (Saturday, Sunday and Bank Holidays)

For more information visit Kooth:  
[www.kooth.com](http://www.kooth.com)



## Ageless 24/7 Urgent Helpline

**0808 196 4501**

(option 1 – under 18's; option 2 – over 18's)

This is for help and advice for anyone experiencing a mental health crisis.

**In a health emergency you should still call 999 or visit your local A&E department**