



Be Kind to your Mind.

Looking after your MIND is as important as looking after your BODY

If you are worried about your mental health, or just have a few questions on how you can keep your mind healthy, drop into Beam, your new mental & emotional health service.

You will be met with a friendly face and someone to talk to about anything on your mind. You don't need an appointment or permission to come. Just drop in.

We are open:

Mondays 1:30pm-6pm at Hollinswood Neighbourhood Centre, 7 Downmead, Hollinswood, Telford TF3 2EW

Thursdays 1pm-6pm at Palmers Coffee Shop, Belmont Church Claremont St, Shrewsbury SY1 1QG. Pop in and find out more about what we do.

If you want to ask us a question or want to find out more about what we do, email us on AskBeam@childrenssociety.org.uk.