



Wellbeing Support



During this time between secondary school and college, we still want to continue providing support for our young people. Below are a list of useful numbers and email addresses if you need someone to talk to about any concerns or worries.



www.kooth.com is a provider of online mental health services for children and young people. It is manned by a team of accredited counsellors, therapists and support workers.

Kooth is:

- Safe, confidential, anonymous
- Free
- Available through a smart phone, tablet or computer

The service is offered **Monday to Friday 12pm—10pm** and **Saturday and Sunday 6pm—10pm**.

Other Useful Contacts

Samaritans: call 116 123 or email jo@samaritans.org

NSPCC/Childline: call 0800 1111 or www.childline.org.uk

Live Spiffy website: <https://livespiffy.co.uk/>



The Calm app provides guided meditations and daily reminders.



Instagram

@shropshirebeam

This account does not accept DMs or comments



Twitter

@GemmaBeamTCS

Email



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

ASKBEAM@CHILDRENSOCIETY.ORG.UK

Please note:

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



Youtube provides lots of guided meditations and mindfulness videos, music for relaxation or concentration.