

# Mental Health and Wellbeing

## **Beam**

[https://www.childrenssociety.org.uk/information/young-people/well-being/services/beam-shropshire-telford-wrekin?gad\\_source=1&gclid=CjwKCAiA8YyuBhBSEiwA5R3-E\\_R2dHYQ8hT5As\\_rJwsgAazZGTkXZk6fZZuUBLvtzpb9vGrvX73zTxoCd90QAvD\\_BwE](https://www.childrenssociety.org.uk/information/young-people/well-being/services/beam-shropshire-telford-wrekin?gad_source=1&gclid=CjwKCAiA8YyuBhBSEiwA5R3-E_R2dHYQ8hT5As_rJwsgAazZGTkXZk6fZZuUBLvtzpb9vGrvX73zTxoCd90QAvD_BwE)

## **Bee U**

<https://camhs.mpft.nhs.uk/beeU>

## **Kooth**

<https://www.kooth.com/>

## **Healios**

<https://www.kooth.com/>

## **Bedazzle**

<https://www.bedazzle.org.uk/>

## **Place2be**

<https://www.place2be.org.uk/>

## **Childline**

[https://www.childline.org.uk/?gclid=CjwKCAiA8YyuBhBSEiwA5R3-E5h7YLbpBha6swNmuUJMPKRaf-ViqbDExltv6Jn6GORY8suzwGNerBoCUcwQAvD\\_BwE&gclid=CjwKCAiA8YyuBhBSEiwA5R3-E5h7YLbpBha6swNmuUJMPKRaf-ViqbDExltv6Jn6GORY8suzwGNerBoCUcwQAvD\\_BwE](https://www.childline.org.uk/?gclid=CjwKCAiA8YyuBhBSEiwA5R3-E5h7YLbpBha6swNmuUJMPKRaf-ViqbDExltv6Jn6GORY8suzwGNerBoCUcwQAvD_BwE&gclid=CjwKCAiA8YyuBhBSEiwA5R3-E5h7YLbpBha6swNmuUJMPKRaf-ViqbDExltv6Jn6GORY8suzwGNerBoCUcwQAvD_BwE&gclid=CjwKCAiA8YyuBhBSEiwA5R3-E5h7YLbpBha6swNmuUJMPKRaf-ViqbDExltv6Jn6GORY8suzwGNerBoCUcwQAvD_BwE)

## **Adult Support**

### **Mind**

<https://www.mind.org.uk/information-support/>

### **NHS**

[https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/?wt.mc\\_id=talkingtherapies24\\_TT\\_EM&wt.tsrc=ppc&gclid=CjwKCAiA8YyuBhBSEiwA5R3-E0tZr7KoWiCzQU2ldH13FWpVddv8vKCJbPopil51Le1YdqS\\_UWagmhoCZd8QAvD\\_BwE](https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/?wt.mc_id=talkingtherapies24_TT_EM&wt.tsrc=ppc&gclid=CjwKCAiA8YyuBhBSEiwA5R3-E0tZr7KoWiCzQU2ldH13FWpVddv8vKCJbPopil51Le1YdqS_UWagmhoCZd8QAvD_BwE&gclid=CjwKCAiA8YyuBhBSEiwA5R3-E0tZr7KoWiCzQU2ldH13FWpVddv8vKCJbPopil51Le1YdqS_UWagmhoCZd8QAvD_BwE)

### **Samaritans**

<https://www.samaritans.org/>