



Camden

**Beam**



**Emotional health and**

**well-being support**

for

For Children and Young People aged 6-25

aged 6-25

**What is Camden Beam?**

Camden Beam is a drop-in service run by The Children’s Society. There is no need to make an appointment. The service is for young adults aged 6-25 years, as well as their parents and carers. We offer practical, accessible support.

Our aim is to give you advice, signposting and support with any worries or concerns relating to your emotional health and well-being.

**Who can use Camden Beam?**

If you are aged between 6-25 years you are welcome to receive support from Camden Beam. In certain instances, we can also offer limited support to parents and carers. You do not need a referral. The back page of this leaflet gives information on how to get in touch.

Our aim is to **boost your resilience** as well as **develop coping skills** for when life presents challenges.

**What can Camden Beam help with?**

Anything relating to emotional health and happiness. When we are emotionally healthy, we:

Function in society, whether that is at school, college, university or at work, or when we are with friends and family.

Cope with life’s challenges by drawing on our strengths.

Understand and manage our emotions, expressing them in appropriate ways.

Accept ourselves and show acceptance of others. Our team is made up of experienced well-being practitioners and well-being volunteers who will take the time to listen to whatever it is that is troubling you.

**What will Camden Beam do?**

Our team is made up of **experienced well-being practitioners** and well-being volunteers who will take the time to listen to whatever it is that is troubling you.

We can recommend **strategies and techniques** that aim to make.

 life easier – for example, how to manage a panic attack, or how to improve sleep.

We will give **practical suggestions and advice** – this might be suggesting you look at website or that you contact another service.

**What won’t Camden Beam do?**

We **won’t** automatically make referrals into other services.

We **won’t** assess or diagnose any conditions.

We **won’t** necessarily have to tell anyone that you have spoken to Beam. (There may be times where we feel we need to speak to other people, services, or agencies. We will try and speak to you about this before we do.)

**Can we make an appointment?**

We don’t offer appointments—this is to ensure we are as accessible as possible while we are open. At busier times you may have to wait to be seen, but we will offer refreshments while you do! We don’t guarantee you will see the same person, but brief notes are made after each session, so whoever you see will understand what has been discussed previously. Each member of our team brings their individual ideas, approach and experience to their sessions, so it is highly beneficial to get to know more than one of us!

# Accessing Camden Beam

**You do not need a referral to access support from Camden Beam.**

You can attend the weekly drop-in session **each Thursday between 2.30pm-6pm.** Our address is: Camden Beam Calthorpe Community Garden 258-274 Gray’s Inn Road WC1X 8LH Nr. King’s Cross

**Visiting the drop-in**

We know it can be scary going somewhere for the first time, and our drop-ins are set out to be as welcoming as possible. You will be greeted by a member of the team who will ask you to register with us. You will then be introduced to one of our practitioners, who will take the time to listen before making suggestions. We welcome visits from parents and carers who want to see what the drop-in is like before recommending to young people.

For more information, feel free to get in

touch at **CamdenBeam@childrenssociety.org.uk**

**Need urgent support?**

A mental health crisis is an emergency that has a direct and immediate threat to your physical or emotional well-being. In these situations, it’s important to get help quickly.

Try to stay calm and ask someone for help if you need it. It could help to tell someone you trust, maybe a family member or a friend.

They can be with you and help you decide what to do. They can also contact services on your behalf.

**If there is any immediate risk to life, contact the emergency services by calling 999.**

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