A yellow and black logo

Description automatically generated

**Appropriate**

**Typical issues Beam**

**can support with:**

* Ԏ

Anxiety (low-level) and worry.

* Ԏ

Anger.

* Ԏ

Identity.

* Ԏ

Low mood.

* Ԏ

Panic.

* Ԏ

Self-esteem.

* Ԏ

Sexuality.

* Ԏ

Sleep.

* Ԏ

Stress.

**Inappropriate**

**Issues outside of**

**Beam’s remit:**

* Ԏ

Crisis support.

* Ԏ

Toileting.

* Ԏ

Behaviour management.

* Ԏ

Eating disorders.

* Ԏ

Where a mental health

diagnosis exists.

This is not an exhaustive list. When?

signposting to us, it is important.

to remember that Beam is a low-

level, emotional well-being service.

**Appropriate & inappropriate**

signposting to Beam

**Emotional health and well-being support** for children and young adults aged 6-25

**Camden Beam access criteria**

Young adults aged 6-25 years old.

Open access service

* No referral needed.
* No waiting time.
* Parent and carer are welcome. Support with their young person.

Camden

**Beam**

**Beam does**

Brief clinical informed support

relating to emotional well-being.

We aim to help boost the

resilience of young people

by helping them develop coping

skills for when life throws up.

challenges.

**Beam doesn’t**

We do not offer structured.

therapy – we are not.

a counselling service.

We do not complete.

assessments, diagnose.

conditions or

prescribe medication.

We are not a referral service.

– we do not routinely make

referrals to specialist mental

health provisions. Equally,

we do not advise for or against

referrals being made. Referral

pathways are typically via a GP,

or school.

or m

GP or school

**Accessing**

**Camden Beam**

**What Camden Beam Offer**

* + Open access
  + 1-1 brief interventions
  + Therapeutic workshops in School, College, and Universities
  + Psychoeducational workshops

**You do not need a referral to access support from Camden Beam.** You can share details of the weekly

Drop-in sessions taking place each Thursday between 2.30pm-6:30pm.

Our address is: Camden Beam Calthorpe Community Garden 258-274 Gray’s Inn Road WC1X 8LH.

Inappropriate signposts to this service from a medical practice will be directed back to the relevant practice. This is to ensure that the young person and/or parent/carer receives the appropriate support from the appropriate professionals.

When signposting to Camden Beam, you can **Direct to the following resources:**

**Service information leaflets** which are supplied to you electronically.

**Website:** [childrenssociety.org.uk/beam](https://www.childrenssociety.org.uk/information/young-people/well-being/services/beam-sandwell) **Service email address:** [CamdenBeam@childrenssociety.org.uk](mailto:CamdenBeam@childrenssociety.org.uk)

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