

Getting care and support for children and young people



BeeU is the emotional health and wellbeing service for Shropshire, Telford & Wrekin.

It is available to children and young people up to 25 years of age.

Midlands Partnership NHS Foundation Trust (MPFT) is the lead provider and commissions a number of voluntary sector agencies to deliver different parts of the service.

Open access and self-referral

Anyone can access the website, beeu.org.uk.

Self-help

The self-help section provides up-to-date details of the online counselling and drop-in facilities.

It also has information about a number of common conditions.

Online counselling

Online counselling is available at <https://kooth.com/> for people aged between 11 and 25.

This operates:

- 12:00 to 22:00 (Monday to Friday)
- 18:00 to 22:00 (Saturday, Sunday and Bank Holidays)

Drop-ins

Drop-in sessions provide immediate access to support and advice, structured counselling and therapy.

Telford

9 Market Square, Wellington, Telford. TF1 1BP

Monday 12:00pm-7:00pm

Tuesday 12:00pm-7:00pm

Saturday 11:00am-4:00pm.

Shropshire

Palmers Coffee Shop, Belmont Church Claremont Street, Shrewsbury. SY1 1QG.

Thursday 2:00pm-7:00pm.

Other venues are being sought and will be added to the self-help section of beeu.org.uk.

