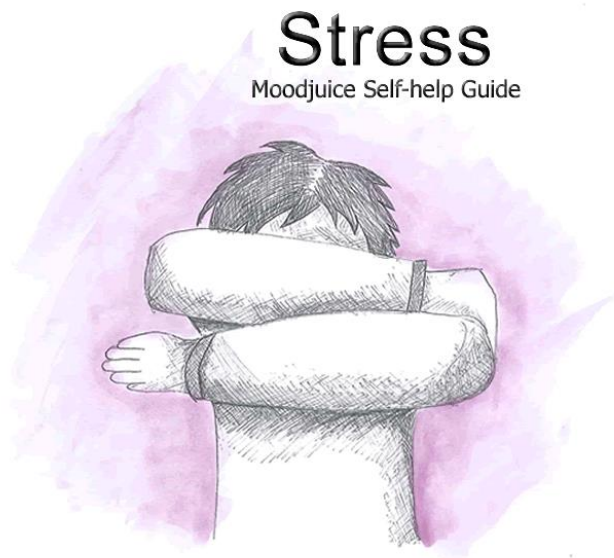


## **Stress**

Mood Juice: Self Help Guide

<http://www.moodjuice.scot.nhs.uk/stress.asp>



Learn more about stress  
and skills to cope with it.

NHS: Stress – An NHS Self Help Guide

<https://web.ntw.nhs.uk/selfhelp/leaflets/Stress%20A4%202016%20FINAL.pdf>

## **Stress**

An NHS self help guide



**Northumberland,  
Tyne and Wear**  
NHS Foundation Trust



## Bee-U: Self Help

<https://beeu.org.uk/self-help/>

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### **Kooth**

Kooth provide an anonymous 24-hour online service offering peer support, self-help and have trained counsellors to talk to. Anyone aged 11-25, living in Shropshire and Telford & Wrekin, can register to access this service and you don't need to be referred or have an appointment.

Whilst the website is available 24 hours, there will be someone to talk to online at the following times:

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

For more information visit Kooth – [www.kooth.com](http://www.kooth.com)

### **The Children's Society**

The Children's Society deliver health promotion, prevention and early help and support as well as working with young people to aid transition/sign posting to other services or resources. Drop in sessions are available in Shrewsbury and Telford.

#### **BEAM Telford**

**Mondays** 2:00pm-6:00pm

Hollinswood Neighbourhood Centre, 7 Downmead, Hollinswood, Telford TF3 2EW

#### **BEAM Shropshire**

**Thursdays** 2:00pm-6:00pm

Palmer's Coffee Shop, Belmont Church Claremont Street, Shrewsbury SY1 1QG

You don't need to be referred or have an appointment. For more information you can email at

[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)

For more information about The Children's Society please visit [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

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