

# WANT TO TALK?

**Sandwell Beam is an emotional health and well-being service for 5 to 18 year olds and up to 25 if you're a care-leaver.**

**You can contact us on the website anytime, and we will get back to you and listen to whatever is troubling you.**

To access this service and learn more about how Beam can support you, please register here:

**[www.childrenssociety.org.uk/beamsandwell](http://www.childrenssociety.org.uk/beamsandwell)**

**Keep updated and meet the team on our Instagram**

 **@beamsandwell**

**We're here to listen and support you.**

