



Place2Be: Transforming children's mental health

Place2Be provides in-school mental health support for pupils, families and staff, helping young people to build resilience and thrive throughout school and beyond. Our specialist services are delivered from a dedicated **Place2Be therapeutic room in the school** - a safe space for young people to share their thoughts and feelings or talk through their challenges.

Support for pupils and families

- **One-to-one counselling** for young people with the highest need, pupils are initially offered on average ten sessions that last 45-50 minutes each
- **Place2Talk**, a self-referral **drop-in service** that allows pupils to make an appointment with a trained counsellor, alone or with a friend
- **Group work** which aims to develop resilience and self-confidence
- **Cognitive Behavioural Therapy** interventions offered to pupils who are struggling with anxiety, depression and low mood
- **Parenting support** including face-to-face guidance, an online parenting course, and our Parenting Smart website.

Support for staff and learning and development for the school

- **Place2Think**, our **self-referral service for school staff**, providing support in addressing mental health issues within the school environment. These sessions allow staff to discuss best practices, classroom behaviour, and strategies to support both individual students and whole-school wellbeing
- Staff also have access to **training and resources** that help schools to develop an ethos and practice around positive mental health. This is part of Place2Be's 'whole school approach' that sees mental health as everyone's responsibility.

Access and referrals

- **All** students (Y7-13) are eligible to access Place2Be's services throughout the year during term time
- Our clinical **assessment and formulation** process determines the intervention a student requires
- For **one-to-one counselling**, referrals can come from school staff, parents or carers, and students themselves can ask to start counselling
- Our **Place2Talk** drop-in service allows any student to make an appointment themselves

Place2Be's impact

- Poor mental health in childhood can have lasting effects, including lower educational achievement, difficulty maintaining employment, and increased risk of long-term mental health issues in adulthood
- Last year across the UK, after receiving one-to-one counselling with Place2Be, **89% of secondary school children had improved mental health**
- We know that most young people who receive support from Place2Be have improved wellbeing, improved home life, find it easier to have friends and cause fewer problems for their teacher or class

Place2Be works with schools to gather data about the impact of our support. We collect data including, number of people accessing the service, sessions delivered, topics discussed and safeguarding concerns.

Key contact

Shazila Fazal – Area Manager for the Midlands
Shazila.Fazal@place2be.org.uk | 07976 286817