



# Mental health and schools

Supporting pupils, parents and teachers

# Mental health and schools

Pupils cannot thrive at school if emotional issues distract them in class. Teachers cannot teach effectively if pupils cannot concentrate.

That is why promoting good mental health is everyone's business – from headteachers and school leaders, to teaching assistants and lunchtime supervisors.



**One in six children and young people**

have a diagnosable mental health problem  
NHS Digital (2020)

**Half of all mental health problems**

are established by the age of 14.  
Kessler R and Wang P, 2007

**78% of school staff**

said they have seen an increase in the number of pupils with mental health problems over the past two years.

National Education Union survey, 2021

# Who we are

Place2Be is a children's mental health charity. We provide in-school support and expert training across England, Scotland and Wales to improve the emotional wellbeing of pupils, families, teachers and staff.

Founded in 1994, Place2Be has grown from working with a handful of schools, to providing direct support in over 400 schools across the UK, supporting a school community of around 225,000 children and young people.

Last year, over 54,000 teachers and other professionals accessed our Mental Health Champions – Foundation programme.

## Our mission

To improve the mental wellbeing and prospects of children, their families and school communities across the UK.

## Our vision

Children should not have to face mental health problems alone. Place2Be's vision is for all children to have the vital support they need to help them build lifelong coping skills and thrive.

# How we help

## Working in close partnership with school leaders, we offer:

- In-school mental health support for pupils, families and school staff
- Training for teachers, school leaders and school staff
- Reflective supervision and supportive forums for teachers, school leaders and school staff
- Accredited professional qualifications for individuals looking to become child counsellors, to ensure schools have access to qualified, experienced professionals.

**“As a school we have worked with Place2Be for over nine years and I now can't imagine the school functioning as effectively without them.”**

Angela Anterkyi, Headteacher,  
Gladstone Park Primary



# In-school support

Place2Be takes a whole-school approach to improve the emotional wellbeing of pupils, families and staff.

We provide mental health services in primary and secondary schools, offering vital therapeutic support around big changes and challenges in life. Our mental health support helps children to become more settled, more able to manage their behaviour and to engage in learning.

With Place2Be working in partnership with a school, teachers are able to focus on teaching and parents feel more confident and able to support their children.

Our in-school mental health professional is also on hand to respond swiftly to critical incidents, engage with external agencies, support staff initiatives and assist on all issues relating to children's mental wellbeing.

**“Place2Be is unique – it’s valued by students, by staff, by parents. It’s the wraparound nature of it that is so important – the fact that it’s for everybody. The impact of it is that young people are happier and able to get on with their lives and access their education – and that’s what it’s all about.”**

Hazel Kinnear, Headteacher,  
Tynecastle High School



Find out more at  
[place2be.org.uk/schools](https://place2be.org.uk/schools)



# In-school support

## - what's included

Our whole-school approach means that we provide support for everyone in the school community – pupils, families and school staff.

By working with Place2Be, schools benefit from our quality assurance, specialist expertise, and integrated approach, as well as a host of other exclusive opportunities via our networks.



# Impacts and outcomes

Many of the children and families we work with lead difficult and complex lives. By providing support at an early stage, we help children learn coping strategies that support them in the long term.

## Of the children who have taken part in counselling with Place2Be:

**68%**

cause fewer problems for their teacher or class.

**65%**

of children's difficulties had less impact on their learning.

**73%**

find it easier to have & keep friends.

**79%**

of those with severe difficulties show an improvement in wellbeing.

## In the 2020/21 school year\*:

**5.8k**  
children &  
young people

accessed weekly one-to-one counselling sessions

**27.9k**  
children &  
young people

booked their own session during lunchtime or breaktime

# Mental Health Champions – Foundation programme

Our online Mental Health Champions – Foundation programme will provide you with a deeper understanding of mental health and wellbeing.

This five-week programme is designed to be an introductory or refresher course for professionals who work with children and young people in schools and community settings.

Thanks to our supporters, school staff can access the programme for free for the second year.

## What does it cover?

- **Understanding mental health and wellbeing** We discuss factors that contribute to positive mental health and wellbeing.
- **Nature and nurture** We explore how early experiences shape the way we perceive ourselves and relate to others, and how those experiences create the pathways in the brain that support our development.
- **How you can help** We consider what a child's behaviour might be communicating about their underlying needs.
- **Mental health: everybody's business** We reflect on the importance of positive mental health for everyone, with a focus on the adults around a child.

**“ I found new ways to manage my own stress levels so staff and children had a calmer sense while around me. It was really fascinating and a different journey that I am enjoying being a part of.”**

Teacher on Mental Health Champions – Foundation programme



## Course details:

- Five-week programme (1-1.5 hours per week)
- A dedicated Place2Be professional facilitating discussions
- Regular course dates to choose from throughout the year
- You can access the programme on any digital device
- Study at a time that suits you.
- Access to the Place2Be Staffroom, our new Online community containing ongoing CPD resources and free resources to use in schools including termly Art Room projects.



## Find out more

To find out more about the course and to book your place, visit [place2be.org.uk/foundation](https://place2be.org.uk/foundation)

# Senior Mental Health Leads training

Our quality assured Senior Mental Health Leads training programme will support you to develop your whole school approach to mental health. To be successful on the programme you will want to prioritise this part of your role.

Our comprehensive 12 week programme will help you to identify your school's priorities and develop strategic approaches to address those needs. You will develop your own leadership within the frame of positive mental health, and build a network, sharing best practice with peers from other schools.

#### Learning outcomes:

- Resilience – wellbeing without words
- Understanding attachment
- Self-belief – helping children thrive
- Peer mentoring skills for students.

**“The course has been so valuable to us as a school and to me as the headteacher. It has once again put a spotlight on what we already do to support mental health and wellbeing at our school but also what we can improve”**

Participant on Place2Be's previous School Leader programme

#### Benefits for you and your school

- Audit your existing mental health activity and identify areas for improvement
- Take a strategic approach to mental health in your individual school context
- Hone your leadership skills to effect real change for your pupils and staff
- Be guided by our clinicians, experienced in working with schools
- Access a range of additional resources and benefits for your wider team and school community including our Mental Health Champions – Foundation programme.



This programme is eligible for Department for Education funding. Please visit their website for more information:

[gov.uk/guidance/senior-mental-health-lead-training](https://gov.uk/guidance/senior-mental-health-lead-training)



#### Find out more

To find out more about the course and to book, visit [place2be.org.uk/schoolleadertraining](https://place2be.org.uk/schoolleadertraining)





**“Place2Be is part of our school family. It is more than an office, more than a therapy room, and more than a collection of counsellors. Its work permeates through every aspect of our school and its community. It is trusted by parents and carers, valued by the staff, and vociferously supported by the children.”**

Glyn Ellis, Headteacher, Haslingden Primary School

## **Get in touch**

If you are interested in finding out more about how Place2Be can work with your school, please get in touch:

**0207 923 5500**  
**[schools@place2be.org.uk](mailto:schools@place2be.org.uk)**  
**[place2be.org.uk](http://place2be.org.uk)**

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