



Mental Health and wellbeing in schools

Supporting pupils, families and school staff in Scotland

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 playground 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

1 in 4

children and young people in Scotland are turned away from specialist mental health services

Public Health Scotland, March 2021

Who we are

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

Starting with an initial pilot in two Edinburgh primary schools, Place2Be Scotland now reaches over 22,000 pupils and their families in schools across Glasgow, Edinburgh, South Lanarkshire, Renfrewshire, Perth and Kinross, Angus and Dundee, South Ayrshire and the Highlands.

Place2Be's mental health practitioners currently work directly within over 90 school communities.

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
- One to one counselling and online support to primary and high school pupils.
- Training for teachers, school leaders and school staff
- Reflective supervision and supportive forums for teachers, school leaders and school staff
- Accredited qualifications up to Postgraduate Diploma and Masters level for individuals looking to become child counsellors, to ensure schools have access to qualified, experienced professionals.

“It’s been so transformational for the lives of so many individuals and the impact on the general school ethos. It’s about the quality of the support Place2Be provides and it’s very responsive to the children’s needs.”

Vanessa Thomson, Headteacher,
Oakwood Primary School, Glasgow

In-school support



Place2Be provides mental health services in primary and high schools, offering vital therapeutic and counselling support.

Working within schools, Place2Be's counselling helps pupils 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 mental health professional is also on hand to respond swiftly to critical incidents, engage with external agencies and assist on issues relating to children and young people's mental wellbeing.

“Place2Be is unique. It's valued by students, staff and parents. Young people are happier, able to get on with their lives and access their education. That's what it's all about.”

Hazel Kinnear, Headteacher,
Tynecastle High School

“It's made me more confident going into high school. If I didn't have Place2Be, I don't know where I'd be right now.”

13 year-old boy, Renfrewshire



Hear from headteachers,
pupils and parents in Scotland
place2be.org.uk/Scotland



School counselling one to one*:



Expertise in provision of 1 to 1 counselling in primary and high schools over 20+ years



In-school support

'Counselling support' for primary and secondary pupils (aged 10+)
1,150 children accessed weekly one to one counselling sessions in Scotland in past 3 years

Service aligned to Scottish Government's High School Counselling Programme



One to one counselling service

Quality assured

Qualified (post grad level) counsellors, registered with BACP/COSCA

Clinical supervision provided



Strategic links to wider services

Formulation and assessment procedures enable pupils to access wider local services where counselling may not be appropriate

Integrates to wider support services at both individual school and Local Authority level



Easy access

Counselling support available across the calendar year (including the summer break)

Face to face and digital counselling support



Additional online support

Through our digital partners: Kooth, ThinkNinja and Shout Crisis Text Line



Regular reporting

Termly activity reports and Annual Outcomes reports - demonstrating impact (directly aligned to GIRFEC framework)

Integrates to wider support services at both individual school and Local Authority level



Additional expertise

In-house specialist teams on safeguarding and ASN

*Our school counselling service is a standalone service or can form part of a wider 'whole-school approach'

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 in Scotland schools

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.

[View our impact report here.](#)

In Scotland over the past 5 years:

1,763
pupils

were supported through
one-to-one weekly sessions

10,620
pupils

booked their own
session during lunchtime
or breaktime

Of the pupils 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.

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 register your interest, visit place2be.org.uk/foundation



“My son was bullied pretty bad and it had a long lasting effect on him. After working with Place2Be, the difference from one year to the next in him was unbelievable. They supported him, gave him the tools. He’s a different boy. He’s confident. He doesn’t fear things he was scared of.”

Parent of pupil (Glasgow) receiving counselling

Get in touch

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

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place2be.org.uk

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