



PLACE2BE TARGETED SUPPORT - INFORMATION FOR YOU

This page tells you the most important things about how Place2Be uses your information during your counselling sessions. It covers the key points in plain language. If you want to read all the details, you can find our full privacy notice on our website [here](#).

What is Place2Be targeted support?

Place2Be offers one-to-one counselling sessions where you can talk about anything that's worrying you or affecting how you feel. These sessions happen once a week at school, usually for up to 10 weeks. You can use play, art, or just talking to express yourself.

Why do we need information about you?

We collect information about you to help us provide the best support for you. This includes:

- **personal details:** name, date of birth, gender and ethnicity;
- **contact details:** your email address (to contact you about the support we are providing);
- **academic details:** your school Unique Pupil Number (UPN) or Scottish Candidate Number (SCN) and year group;
- **mental health:** information about your wellbeing, learning and school attendance

You can see full details of what we collect at this link:

<https://www.place2be.org.uk/media/042lrbbby/peg-summary-document-sept-2025-final.pdf>

Who will know I'm coming to Place2Be?

If you're 12 or older and we've assessed that you can make decisions about your own support, we won't automatically tell your parents or carers that you're attending sessions.



If you and your counsellor agree, or if you're under 12, your parents or carers will be involved in supporting you. However, what you talk about in sessions stays private unless there's a safeguarding concern (see below about safeguarding).

Is what I say confidential?

Mostly yes, but not always. We have to share information if we're worried about your safety or someone else's safety. This is called safeguarding. If we need to share something, we'll try to talk to you about it first unless that would put you or someone else at risk.

What if I don't want my parents to know what I talk about?

We understand that some things feel private. We'll always talk with you about what is shared and with whom. Your counsellor will work with you to make sure you feel comfortable.

Can I stop coming if I want to?

Yes. You can stop the sessions at any time by telling your Place2Be counsellor or emailing privacy@place2be.org.uk.

What happens to my information?

We keep your information secure on our computer system for six years, then we delete it. We never use your name in any reports we write - we just use information like "30 young people said they felt less worried."

Who else might see my information?

We might share your information with:

- Relevant school safeguarding staff, but only if there's a safeguarding concern
- Our supervisors (who help our counsellors do the best job)
- Legal authorities if required by law
- Researchers (but they'll never know it's you - we remove your name first)
- Your parents or carers where there is a safeguarding concern, or what you are happy with sharing if you have agreed to their involvement.



Can I see what you've written about me?

Yes. You can ask to see what information we hold about you. Just ask your Place2Be counsellor or email privacy@place2be.org.uk.

What are the situations where my parent / carer could be given information that Place2Be holds about me?

Your parent/ carer can request to see information we hold about you but we will ask you if you are happy for your information to be shared before we share it, unless we think you or anyone else is at risk / if it is in your best interests.

What if I'm not happy about something?

Talk to your Place2Be counsellor first. If you're still not happy, you can contact our Data Protection Officer at privacy@place2be.org.uk or make a complaint to the Information Commissioner's Office (ICO) at www.ico.org.uk.

Want more details?

You can read our full privacy notice which has all the detailed information and legal stuff. Ask your Place2Be counsellor for a copy or visit our [website](#).