

# Place2Be



*"When I feel worried, it's like I'm in a maze and the people in Place2Be are coming with a torch and showing me the way" – Boy*



*"My daughter had become such a different person – one we didn't recognise – but since counselling we see signs of our old loving daughter coming back." – Parent*

Suffolks Primary School works with Place2Be, a children's mental health charity that helps pupils explore their emotions and feel better about themselves.

Children can go to the Place2Be room in school to express themselves by making art, playing or talking.

## **Why is Place2Be useful?**

Sometimes children can feel particularly sad, confused, scared or angry.



Maybe something difficult happened at home, like losing a family member or parents separating. Or perhaps they're struggling with something at school, like bullying.

This can make them behave differently, lose confidence in themselves or find it difficult to concentrate in class.

Place2Be is there to help children find ways to cope, so their worries don't get in the way of their friendships, their learning or how they feel about themselves.

### **What does Place2Be do?**

Place2Be's professionals work with children one-to-one or in small groups, giving regular support for pupils who need it.

Children can also book a short appointment to talk about any problems or worries they have – this is called Place2Talk.



### **How does Place2Be work with adults?**

Place2Be provides support and advice for parents and carers, as well as teachers and school staff. Get in touch with the Place2Be staff member below to find out more.

Place2Be always gets agreement from parents or carers before they support a child through one-to-one counselling. They also meet with parents or carers regularly to keep them updated and make sure they are involved from the start.

### **Any questions?**

Emily Brearley is our School Project Manager for Place2Be.

They work on Wednesdays and Thursdays and you can either arrange to meet them at the school or get in touch using [emily.brearley@place2be.org.uk](mailto:emily.brearley@place2be.org.uk) or telephone 020 8804 1534 Option 6.



If you want to find out more about Place2Be visit [place2be.org.uk](http://place2be.org.uk) or click on the button below.



Supporting  
children's wellbeing  
in your school.

