



## **Place2Be**

[www.place2be.org.uk](http://www.place2be.org.uk)

Ark Swift works with Place2Be, the UK's leading children's mental health charity providing in-school support and expert training to help improve the emotional wellbeing of pupils, families, teachers and school staff.

### **How Place2Be helps pupils**

Pupils can find help with friendship issues and other worries by choosing to visit Place2Talk. Children can book to see a counsellor on their lunch or break time and attend on their own or in a group.

Place2Be also works with children individually and in small groups, offering regular time-tabled support for those who will benefit most, working closely with parents and school staff.

There is a dedicated Place2Be room inside the school where children can go to express and think about their worries, through talking, creative work and play. This helps children to find new ways of coping with difficulties so they don't get in the way of friendships or learning.

### **Other support from Place2Be**

Place2Be also offers support and advice for parents and carers, as well as teachers and school staff. Please do get in touch with our School Project Manager, Emily, to find out more.

### **Any questions?**

Our Place2Be School Project Manager is Emily, who works on Monday, Tuesday and Wednesday. You can contact her via email, telephone or face-to-face:

**- 0208 7432514**

**- e.bruton@arkswiftprimary.org**

You can also find out more about Place2Be at: [www.place2be.org.uk](http://www.place2be.org.uk)

*"Oh she has definitely changed...in the way she feels about her school life, her home life, and just the way she is in herself – she is a lot happier"* – Parent

*"Place2Be helps you feel less angry, make friends, get more confident, sort out your problems, make you feel special, make everything better."* – Year 5 pupil