



## Place2Be's response to the Welsh Government's Whole School Approach Framework

*Place2Be welcomes the new Framework in Wales for embedding the Whole School Approach to mental health and wellbeing.*

Place2Be is the UK's leading provider of school-based mental health support services. We have been championing a whole school approach to children's mental health since we were founded over 25 years ago. We welcome the Welsh Government's new [Framework on embedding a whole-school approach to emotional and mental wellbeing](#).

We know from our experience working in schools that supporting children's mental health goes beyond offering a school counsellor. That's why we fully support the new Framework in Wales which acknowledges the importance of embedding a whole school approach. To support children's mental health, we need to support the system, adults, and professionals around the child. That's why we work in partnership with parents and families as well as school leaders, teachers and support staff. For Place2Be, key elements of our approach are early intervention and prevention – encouraging children to talk openly about their feelings and emotions, without stigma.

Place2Be works with our partner schools to provide universal and targeted services around children's mental health, from whole class work, assemblies and self-referral drop-in sessions (Place2Talk) to individual counselling and specialist group work. A Place2Be Mental Health Practitioner is embedded within the school, working directly with children, parents and carers, teachers, and support staff. They are supported by the Place2Be infrastructure of clinical psychologists, and other experts offering additional resources, training, evaluation and safeguarding.

[place2be.org.uk](https://place2be.org.uk)

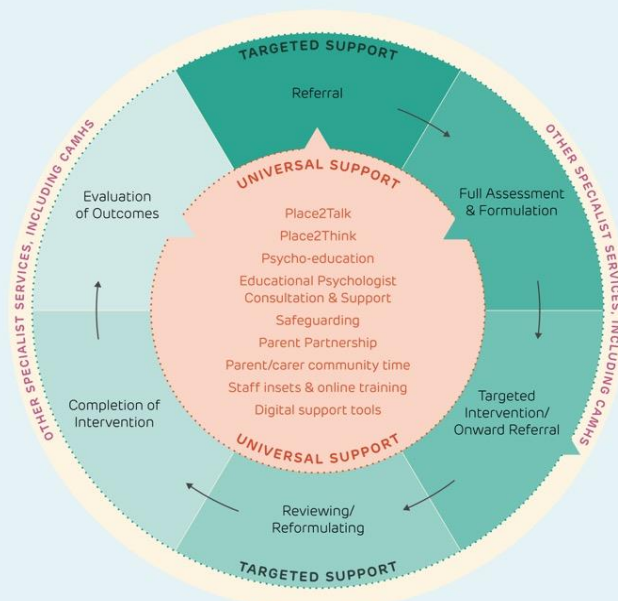
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## Our whole school approach to mental health support

At Place2Be, children and families are always held within our whole-school mental health support framework. Here, a series of **universal support** services forms the core of our offer, with **targeted support** provided by our team of specialist clinicians, or **external services** when necessary.



### How does Place2Be align with the new Framework?

Place2Be services are in alignment with the new Welsh Government Framework. The Place2Be school audit tool can help with the initial scoping stage of the Framework. This supports schools to identify their strengths and areas for development in relation to creating a mentally healthy school.

We understand the huge pressures that school leaders, teachers and support staff are under and we provide space and support through our Place2Think sessions. This offers staff the space to debrief, develop strategies for supporting specific children, as well as a space to support their own mental wellbeing. When it comes to developing the action plan and the implementation stage of the new Framework, Place2Be can provide an integrated approach offering universal services, such as Place2Talk and whole class work. We also provide targeted and specialist support where needed for children and their families such as individual counselling, group work and parent/carer support.

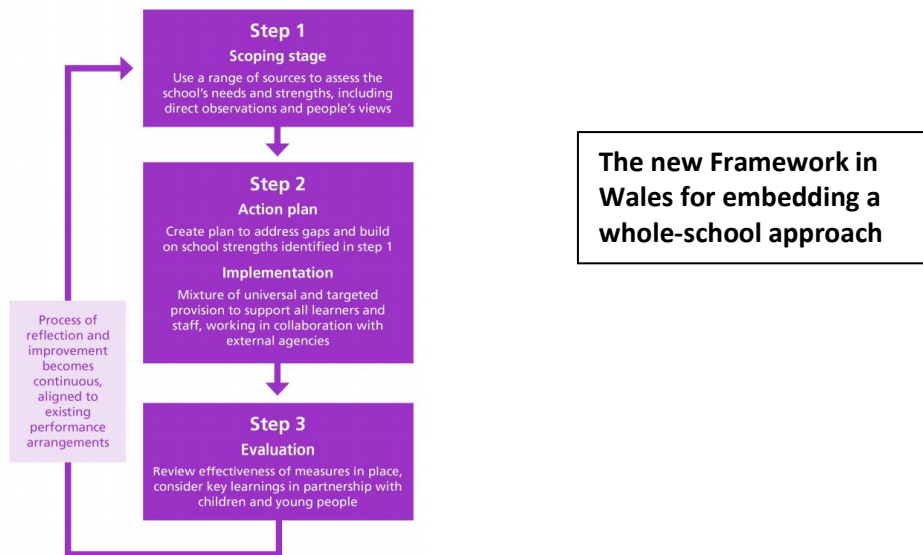
The other important aspect of the new Framework is the Evaluation phase. As an evidenced-based service, Place2Be can support this work too. We gather termly monitoring data and have a central Research and Evaluation team who [gather evidence and assess our impact](#), supported by an independent Research and Evaluation Group of leading academics in the fields of child development and wellbeing. Schools can add this evidence and data into their evaluation.

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In addition to the school-based work, Place2Be also offers a programme of CPD to teachers and school staff. This includes our online [Mental Health Champions Foundation programme](#) which was available for free during the 2020-21 academic year, for 2,500 teachers and school-based staff across Wales. This short five-week programme provides a foundation awareness of children's mental health. Importantly, the programme also addresses the mental wellbeing of the adults around the child or young person.

Place2Be is one of the partners behind the [Mentally Healthy Schools](#) website and provide other [resources](#) to support schools in promoting good mental health.

### Useful links

- [Find out more about Place2Be in Wales](#)
- [#Place2BeCymru](#)
- This [short film](#) gives an overview of our schools work.
- Contact the Place2Be Wales team at: [Wales@place2be.org.uk](mailto:Wales@place2be.org.uk)

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