



Richard Kettley

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Hello, I'm Richard Kettley and my role in Place2Be – a leading children's mental health charity – is to work with trainee teachers in our partnership with Teach First.

I can help you reflect on your experience of working in schools from a mental health and wellbeing perspective. For example, you might want to take some time to think about any challenges you are facing, or to think together about an individual child or a particular class. Or you might want to think about the emotional impact your experiences are having on you.



You can sign up for a group session via [Bookwhen](#) or a 1:1 by contacting me directly [via email](#).

I will also respond to any comments or posts you make when you sign up for our [Mental Health Champions – Foundation e-learning programme](#).

I look forward to meeting you!

Best wishes, Richard

Trainee Support Framework: How Place2Be Can Provide Bespoke Support

Our partnership with Place2Be is an opportunity for all of our trainees to think about mental health and wellbeing in their individual contexts, providing crucial bespoke support and intervention for trainees as part of the Trainee Support Framework that will set our trainees up with a career of effective habits and practice.

In the **Mental Health Champions – Foundation Programme** trainees can learn more about:

- Understanding mental health and emotional wellbeing
- Child development
- How to help
- A whole-school approach to mental health

In **Place2Think** trainees are encouraged to:

- Reflect on the challenges they experience in the classroom, identifying qualities and/or areas for growth
- Focus on individual children or whole class issues
- Think about how to build effective working relationships
- Consider their own mental health and wellbeing