

Mulberry School for Girls works with Place2Be, a mental health charity that helps young people to explore their emotions and feel better about themselves.

Young people can go to the Place2Be room in school to express themselves by making art, talking and more.

When is Place2Be useful?

Sometimes young people can feel particularly anxious, low, confused 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 or learning.

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

Place2Be is there to help young people 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 young people one-to-one or in small groups, giving regular support for pupils who need it.

Young people 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.

Visit place2be.org.uk/family or get in touch with our Place2Be staff member (details below) to find out more.

Any questions?

Erinna McCusker is our Place2Be staff member. Erinna works at the school 4 days a week (Tuesdays to Fridays).

You can either arrange to meet Erinna at school or email her on: erinna.mccusker@place2be.org.uk
If you want to find out more about Place2Be visit www.place2be.org.uk

Feedback from some of our pupils and parents:

"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" – Pupil

"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