



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

“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

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.

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





## **Support for Parents**

As well as working with young people, Place2Be can also offer support for parents and carers of children attending school:

### **Parenting Smart**

Place2Be's Parenting Smart is a new site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour. Learn more at [parentingsmart.org.uk](http://parentingsmart.org.uk)

### **Parenting Smart – on line course**

If you have a child aged 4-11 years, we also offer a six-week online parenting course, offering practical advice on supporting your child and managing behaviour. You can access the course from your mobile phone, tablet, or any other device. Learn more at [place2be.org.uk/family](http://place2be.org.uk/family)

### **Parent Partnership**

Our Family Practitioner can also offer telephone consultations for up to six weeks which can either be split weekly, fortnightly, or monthly. These sessions are offered as a way to guide, support and offer advice to parents and carers experiencing emotional difficulties linked to their child.

If you would like to find out more, please contact Emily Carlisle via the school office or at [ecarlisle@philipshigh.co.uk](mailto:ecarlisle@philipshigh.co.uk) or [emilycarlisle@place2be.org.uk](mailto:emilycarlisle@place2be.org.uk)

### **Any questions?**

Emily Carlisle is our Place2Be staff member.

She works on Monday, Tuesday, Thursday and Friday.

You can either arrange to meet her at school or get in touch on 0161 351 2200 or email. If you want to find out more about Place2Be visit [place2be.org.uk](http://place2be.org.uk)