



## **Place2Be now at Glaitness and Papdale!**

My name is Cassia, and I am a qualified psychotherapist working with children, young people and families. I have now started working as a Place2Be counsellor in Glaitness and Papdale primary schools.

Place2Be is a children and young people's mental health charity with almost 30 years' experience of working with pupils, families and staff in UK schools. We offer a range of services in over 500 schools - 70 of these in Scotland. Place2Be provides a safe, creative space for children to talk about their feelings, and difficult experiences that may preoccupy them. Developing a mental health service in Orkney is a new project for us, and we are excited by its potential.

### **What we offer pupils and families:**

**Place2Talk:** A drop-in service available to all pupils through self-referral. Pupils can come individually or bring up to two friends. To book a session, the pupil fills in an appointment slip and posts it in a P2Talk post box, which is just outside the PE hall. I then allocate a session of 15 minutes, usually during breaktime.

**One-to-one counselling:** a 10-session clinical model. Sessions are approximately 40 minutes and take place weekly, at a regular time. This offers more targeted support for individual pupils, and it requires parental consent. A referral for one-to-one counselling can be made by parents, staff members or the pupils themselves. If you are interested in making a referral, please contact the school office.

**Parent work:** an opportunity for us to support the wider family, to reflect on the experiences of parenting and how best to care for the child.

*Please see our Parenting Smart App – a new site for parents and carers of 4–11-year-olds. Parenting Smart is a six-week course, that can be broken down into 15-minute sections, offering practical advice on everyday parenting challenges.*

For more information, follow this link:

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

Or scan this QR code:



Other group-based services will be offered, once the project develops.

**Making contact:**

If you would like to learn more about the service or make a referral, please contact the school office. I will get in touch as soon as possible.

I look forward to meeting you!

**My working days:**

Monday-Friday 8.30am-4.30pm

Glaitness: Monday, Tuesday and Wednesday (a.m.)

Papdale: Wednesday (pm) and Thursday.

Online: Friday

To learn more about Place2Be please visit [www.place2be.org.uk](http://www.place2be.org.uk)