



# Mental health and schools

Supporting pupils, parents and teachers in Wales

# lechyd meddwl ac ysgolion

Cefnogi disgyblion, rhieni ac athrawon yng Nghymru

# Mental health and schools

Pupils cannot thrive at school if emotional issues distract them in class. Teachers cannot teach effectively if pupils cannot concentrate.

That is why promoting good mental health is everyone's business – from headteachers and school leaders, to teaching assistants and playground supervisors.



**One in six children and young people**

have a diagnosable mental health problem  
NHS Digital, 2020

**Half of all mental health problems**

are established by the age of 14.  
Kessler R and Wang P, 2007

**78% of school staff**

said they have seen an increase in the number of pupils with mental health problems over the past two years.

National Education Union survey, 2019

# Iechyd meddwl ac ysgolion

Nid yw'n bosibl i ddisgyblion ffynnu yn yr ysgol os bydd problemau emosiynol yn tynnu eu meddwl oddi ar eu gwaith yn y dosbarth. Nid yw'n bosibl i athrawon addysgu'n effeithiol os yw disgyblion yn methu canolbwyntio.

Dyna pam mae hyrwyddo iechyd meddwl da yn fusnes pawb – o benaethiaid ac arweinwyr ysgol i gynorthwywyr addysgu a goruchwylwyr amser cinio/chwarae.



## Mae gan un o bob chwech o blant a phobl ifanc

broblem iechyd meddwl  
y gellir ei diagnosio

NHS Digital, 2020

## Mae hanner yr holl broblemau iechyd meddwl

wedi ymsefydlu erbyn 14 oed.

Kessler R a Wang P, 2007

## Mae 78% o staff ysgol

yn dweud eu bod nhw wedi gweld  
cynnydd yn nifer y disgyblion sydd â  
phroblemau iechyd meddwl yn ystod y  
ddwy flynedd ddiwethaf.

Arolwg yr Undeb Addysg Cenedlaethol (NEU), 2019

# Who we are

Place2Be is a UK children's mental health charity. We provide in-school support and expert training to improve the emotional wellbeing of pupils, families, teachers and staff.

Founded in 1994, Place2Be has grown from working with a handful of schools, to providing direct support in over 400 schools across the UK, supporting a school community of around 225,000 children and young people.

Last year, over 54,000 teachers and other professionals accessed our Mental Health Champions – Foundation programme.

## Our mission

To improve the mental wellbeing and prospects of children, their families and school communities across the UK.

## Our vision

Children should not have to face mental health problems alone. Place2Be's vision is for all children to have the vital support they need to help them build lifelong coping skills and thrive.

# How we help

## Working in close partnership with school leaders, we offer:

- In-school mental health support for pupils, families and school staff
- Training for teachers, school leaders and school staff
- Reflective supervision and supportive forums for teachers, school leaders and school staff
- Accredited professional qualifications for individuals looking to become child counsellors, to ensure schools have access to qualified, experienced professionals.
- One to one counselling and online support to primary and high school pupils.

**“We recognise that if children aren't in a positive space mentally, then their capacity to learn is severely hampered”**

Head Teacher, Cardiff



# Pwy ydym ni

Mae Place2Be yn elusen iechyd meddwl plant yn y Deyrnas Unedig. Rydyn ni'n darparu cymorth yn yr ysgol a hyfforddiant arbenigol i wella llesiant emosiynol disgyblion, teuluoedd, athrawon a staff.

Sefydlwyd Place2Be yn 1994, ac mae wedi ehangu o weithio gyda llond llaw o ysgolion i ddarparu cymorth uniongyrchol mewn mwy na 400 o ysgolion ar draws y Deyrnas Unedig, gan gefnogi cymuned ysgol sy'n cynnwys oddeutu 225,000 o blant a phobl ifanc.

Y llynedd, cafodd 54,000 o athrawon a gweithwyr proffesiynol eraill fynediad i'n rhaglen Sylfaen – Pencampwyr Iechyd Meddwl.

## Ein cenhadaeth

Gwella llesiant meddyliol a gobeithion plant, eu teuluoedd a chymunedau ysgol ar draws y Deyrnas Unedig.

## Ein gweledigaeth

Ni ddylai plant orfod wynebu problemau iechyd meddwl ar eu pen eu hunain. Gweledigaeth Place2Be yw bod pob plentyn yn cael y cymorth allweddol y mae ei angen arnyn nhw i'w helpu i ffynnu a datblygu sgiliau ymdopi gydol oes.

# Ein cymorth

## Gan gydweithio'n agos ag arweinwyr ysgolion, rydyn ni'n cynnig:

- Cymorth iechyd meddwl yn yr ysgol ar gyfer disgyblion, teuluoedd a staff ysgol
- Hyfforddiant i athrawon, arweinyddion ysgol a staff ysgol
- Goruchwyliaeth fyfyrion a fforymau cefnogol i athrawon, arweinwyr ysgol a staff ysgol
- Cymwysterau proffesiynol achrededig ar gyfer unigolion sydd am ddod yn gwmselwyr plant, er mwyn sicrhau bod ysgolion yn gallu cael mynediad at weithwyr proffesiynol profiadol a chymwys.
- Cwnsela un i un a chymorth ar-lein i ddisgyblion cynradd ac uwchradd. Mae mwy na X,XXX o ddisgyblion wedi cael mynediad at gymorth Cwnsela yng Nghymru yn ystod y tair blynedd diwethaf.



**“Rydyn ni'n sylweddoli bod gallu plant i ddysgu yn cael ei gyfyngu'n arw os nad ydyn nhw mewn sefyllfa gadarnhaol yn feddyliol”**

Pennaeth Ysgol, Caerdydd

# In-school support

Place2Be takes a whole-school approach to improve the emotional wellbeing of pupils, families and staff.

We provide mental health services in primary and secondary schools, offering vital therapeutic support around big changes and challenges in life. Our mental health support helps children to become more settled, more able to manage their behaviour and to engage in learning.

With Place2Be working in partnership with a school, teachers are able to focus on teaching and parents feel more confident and able to support their children.

Our in-school mental health professional is also on hand to respond swiftly to critical incidents, engage with external agencies, support staff initiatives and assist on all issues relating to children and young people's mental wellbeing.

**“Having [the Mental Health Practitioner] in the school has been a great support. As well as the work with the children, having someone to talk through issues and to signpost has helped me feel more confident in my ability to support the families in our community”**

Teacher at a Merthyr Tydfil school



Find out more at  
[place2be.org.uk/schools](https://place2be.org.uk/schools)



Hear from a school in Cardiff  
[place2be.org.uk/wales](https://place2be.org.uk/wales)

# Cymorth yn yr ysgol

Mae Place2Be yn defnyddio dull ysgol gyfan i wella llesiant emosiynol disgyblion, teuluoedd a staff.

Rydyn ni'n darparu gwasanaethau iechyd meddwl mewn ysgolion cynradd ac uwchradd, gan gynnig cymorth therapiwtig hanfodol ar gyfer newidiadau a heriau mawr bywyd. Mae ein cymorth iechyd meddwl yn helpu plant i ddod yn fwy sefydlog, i allu rheoli eu hymddygiad yn well, ac i ymgysylltu â'r dysgu.

Pan fydd Place2Be yn gweithio mewn partneriaeth gydag ysgol, bydd yr athrawon yn gallu canolbwyntio ar addysgu a bydd y rhieni'n teimlo'n fwy hyderus i allu helpu eu plant.

Bydd ein gweithiwr iechyd meddwl proffesiynol yn yr ysgol hefyd wrth law i ymateb yn sydyn i ddigwyddiadau tyngedfennol, ymgysylltu ag asiantaethau allanol, cefnogi mentrau staff a helpu gyda phob mater sy'n ymwneud â llesiant meddyliol plant a phobl ifanc.

**“ Mae cael [Ymarferydd Iechyd Meddwl] yn yr ysgol wedi bod o gymorth mawr. Yn ogystal â gweithio gyda'r plant, mae cael rhywun i drafod materion gyda nhw a dangos y ffordd wedi fy helpu i ddatblygu hyder yn fy ngallu i gefnogi'r teuluoedd yn ein cymuned”**

Athro/athrawes yn un o ysgolion  
Merthyr Tudful



I ddysgu mwy, ewch i  
[place2be.org.uk/schools](https://place2be.org.uk/schools)



Gwrando ar brofiad ysgol  
yng Nghaerdydd [place2be.org.uk/wales](https://place2be.org.uk/wales)

# In-school support

## - what's included

Our whole-school approach means that we provide support for everyone in the school community – pupils, families and school staff.

By working with Place2Be, schools benefit from our quality assurance, specialist expertise, and integrated approach, as well as a host of other exclusive opportunities via our networks.





# Cymorth yn yr ysgo

## - beth mae'n ei gynnwys

Mae ein dull ysgol gyfan yn golygu ein bod ni'n darparu cymorth i bawb yng nghymuned yr ysgol – y disgyblion, y teuluoedd a staff yr ysgol.

Trwy weithio gyda Place2Be, bydd ysgolion yn elwa o'n gweithdrefnau sicrhau ansawdd, ein gwybodaeth arbenigol a'n dull gweithredu integredig, yn ogystal â myrdd o gyfleoedd unigryw eraill trwy ein rhwydweithiau.



# Impacts and outcomes

Many of the children and families we work with lead difficult and complex lives. By providing support at an early stage, we help children learn coping strategies that support them in the long term.

## Of the children who have taken part in counselling with Place2Be:

**68%**

cause fewer problems for their teacher or class.

**65%**

of children's difficulties had less impact on their learning.

**73%**

find it easier to have & keep friends.

**79%**

of those with severe difficulties show an improvement in wellbeing.

## In the 2020/21 school year\*:

**5.8k**  
children &  
young people

accessed weekly one-to-one counselling sessions

**27.9k**  
children &  
young people

booked their own session during lunchtime or breaktime

# Effaith a chanlyniadau

Mae bywydau llawer o'r plant a'r teuluoedd rydyn ni'n gweithio gyda nhw yn anodd a chymhleth. Trwy ddarparu cymorth cynnar, rydyn ni'n helpu'r plant i ddysgu strategaethau ymdopi a fydd o gymorth iddyn nhw yn yr hirdymor.

**O'r plant sydd wedi cymryd rhan  
mewn sesiynau cwnsela gyda Place2Be:**

**Ym mlwyddyn ysgol 2020/21:**

cafodd  
**5.8k**  
o blant a  
phobl ifanc

fynediad i sesiynau  
cwnsela un i un wythnosol

trefnodd  
**27.9k**  
o blant a  
phobl ifanc

eu sesiwn eu hunain yn ystod  
yr awr ginio neu'r egwyl

mae  
**68%**

yn achosi llai o  
broblemau i'w hathro  
neu eu dosbarth

mae  
**65%**

o anawsterau'r plant  
yn cael llai o effaith  
ar eu dysgu.

mae  
**73%**

yn cael hyd i  
ffrindiau'n haws ac  
yn eu cadw.

mae  
**79%**

o'r rhai sydd ag anawsterau  
difrifol yn dangos gwelliant  
yn eu llesiant.

# Mental Health Champions – Foundation programme

Our online Mental Health Champions – Foundation programme will provide you with a deeper understanding of mental health and wellbeing.

This five-week programme is designed to be an introductory or refresher course for professionals who work with children and young people in schools and community settings.

Thanks to our supporters, school staff can access the programme for free for the second year.

## What does it cover?

- **Understanding mental health and wellbeing** We discuss factors that contribute to positive mental health and wellbeing.
- **Nature and nurture** We explore how early experiences shape the way we perceive ourselves and relate to others, and how those experiences create the pathways in the brain that support our development.
- **How you can help** We consider what a child's behaviour might be communicating about their underlying needs.
- **Mental health: everybody's business** We reflect on the importance of positive mental health for everyone, with a focus on the adults around a child.

**“ I found new ways to manage my own stress levels so staff and children had a calmer sense while around me. It was really fascinating and a different journey that I am enjoying being a part of.”**

Teacher on Mental Health Champions – Foundation programme



## Course details:

- Five-week programme (1-1.5 hours per week)
- A dedicated Place2Be professional facilitating discussions
- Regular course dates to choose from throughout the year
- You can access the programme on any digital device
- Study at a time that suits you.
- Access to the Place2Be Staffroom, our new Online community containing ongoing CPD resources and free resources to use in schools including termly Art Room projects.



## Find out more

To find out more about the course and to book your place, visit [place2be.org.uk/foundation](https://place2be.org.uk/foundation)

# Rhaglen Sylfaen - Pencampwyr Iechyd Meddwl

Bydd ein rhaglen Sylfaen – Pencampwyr Iechyd Meddwl, sydd ar gael ar-lein, yn eich helpu i ddeall mwy am iechyd meddwl a llesiant.

*you with a deeper understanding of mental health and wellbeing.*

Lluniwyd y rhaglen bum wythnos hon fel cwrs rhagarweiniol neu gwrs gloywi i weithwyr proffesiynol sy'n gweithio gyda phlant a phobl ifanc mewn ysgolion ac yn y gymuned.

Diolch i'n cefnogwyr, bydd staff ysgol yn gallu cael mynediad am ddim i'r rhaglen am yr ail flwyddyn.

Beth mae'n cynnwys?

- **Deall iechyd meddwl a llesiant** Byddwn ni'n trafod y ffactorau sy'n cyfrannu at iechyd meddwl a llesiant cadarnhaol.
- **Natur a magwraeth** Byddwn ni'n archwilio sut mae profiadau cynnar yn llywio ein canfyddiad ohonom ein hunain a'n perthynas ag eraill, a sut mae'r profiadau hyn yn creu'r llwybrau yn yr ymennydd sy'n cefnogi ein datblygiad.
- **Sut mae helpu** Byddwn ni'n ystyried beth gallai ymddygiad plentyn ddweud wrthym am ei anghenion.
- **Iechyd meddwl: busnes pawb** Byddwn ni'n myfyrio ynghylch pwysigrwydd iechyd meddwl cadarnhaol i bawb, gan ganolbwyntio ar yr oedolion o gwmpas y plentyn.

**“Ces i ffyrdd newydd o reoli fy lefelau straen fy hun, felly roeddwn i'n gallu parhau'n ddigynnwrf gyda'r staff a'r plant. Roedd hi'n broses hynod o ddiddorol ac yn daith wahanol rwy'n mwynhau bod yn rhan ohoni.”**

Athro/athrawes ar y Rhaglen Sylfaen –  
Pencampwyr Iechyd Meddwl



Manylion y cwrs:

- Rhaglen bum wythnos (1-1.5 awr yr wythnos)
- Gweithiwr proffesiynol penodedig Place2Be yn hwyluso trafodaethau
- Dewis o ddyddiadau cwrs rheolaidd ar hyd y flwyddyn
- Gallwch gael mynediad i'r rhaglen trwy unrhyw ddyfais ddigidol
- Astudio ar adeg sy'n gyfleus i chi.
- Mynediad i Ystafell Athrawon Place2Be, ein cymuned ar-lein newydd sy'n cynnwys adnoddau datblygiad proffesiynol parhaus ac adnoddau di-dâl i'w defnyddio mewn ysgolion, gan gynnwys prosiectau'r Ystafell Gelf bob tymor.



**Dysgu mwy**

I ddysgu mwy am y cwrs ac archebu lle, ewch i [place2be.org.uk/foundation](https://place2be.org.uk/foundation)

**“It's like having a different child, her confidence has grown so much and it's lovely to see! Thank you Place2Be!”**

Parent of pupil (South Wales) receiving counselling

## **Get in touch**

If you are interested in finding out more about how Place2Be can work with your school, please get in touch:

**0207 923 5500**  
**[schools@place2be.org.uk](mailto:schools@place2be.org.uk)**  
**[place2be.org.uk](http://place2be.org.uk)**

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**“Mae hi fel plentyn gwahanol, mae hi wedi magu cymaint o hyder ac mae'n braf iawn gweld hynny! Diolch Place2Be!”**

Rhiant disgybl sy'n derbyn cwnsela (De Cymru)

## **Cysylltu â ni**

Os hoffech chi gael mwy o wybodaeth am sut gall Place2Be weithio gyda'ch ysgol chi, mae croeso i chi gysylltu â ni:

**0207 923 5500**  
**[schools@place2be.org.uk](mailto:schools@place2be.org.uk)**  
**[place2be.org.uk](http://place2be.org.uk)**

Elusen Gofrestredig yng Nghymru a Lloegr (1040756) ac yn yr Alban (SC038649) Cwmni Cofrestredig yng Nghymru a Lloegr (02876150)