



42nd Street

in Schools

Supporting Young People
in a School Setting

42ndstreet.org.uk

42 STREET

42nd Street is a Company Limited by Guarantee. 2476342. Registered Charity No. 702687

42nd Street in Schools

Who are we?

42nd Street is a leading mental health charity supporting young people in school aged 11-18 based in Greater Manchester. We provide 1:1 confidential sessions for young people who are struggling with their emotions with the aim to support them with their wellbeing, build emotional resilience and to help them to reach their full potential.

42nd Street facilitates a range of therapeutic, creative groups and a variety of different arts projects that young people in schools can access.

What do we do?

42nd Street offers support tailored to the needs of the young people referred to us. We understand that young people face a number of challenges in their day to day lives which may include; family, relationships, school, peer groups, self-esteem and loss.

We believe that with skilled support, we can work alongside young people to find the answers they are seeking; empowering them to explore their emotional lives, better understand themselves and others, recognise the barriers they face and develop the skills they need to thrive.

Our practitioners are typically based within schools, working with the mental health lead to identify pupils who need some extra support with their wellbeing and offering them appropriate interventions.

There is a wide variety of experience and skills that each of our practitioner might offer including psychosocial support for individuals with more complex needs, trauma-informed support, counselling and working creatively.

We offer five 1:1 sessions in a school day or four 1:1 sessions and a drop-in service for any young person or group of young people that may need support at that time.

The mental health lead will be asked to complete a referral for young people who they feel would benefit



What will sessions be like?

- Our sessions will take place in a confidential space/room in school.
- We offer 1:1 sessions with pupils which can be adapted based on what they feel they need.
- In sessions, we will support young people by talking and doing activities to help them to share how they feel and exploring different ways to process and manage their feelings, develop different coping strategies and build their resilience.
- Up to twelve sessions of support will be provided to students with a review after six sessions. If the student feels they need longer than twelve sessions this will be considered where appropriate to the needs of the students and agreement reached from the school (via the school contact), regarding numbers of future sessions.
- Sessions last up to 50 minutes and occur during lesson time.
- We use questionnaires and goals (set by the young person) to help young people to explore how they feel each week and to monitor their progress.

How else can we support you?

- Offering drop-in sessions for pupils to find out more about what we do.
- Supporting the School to make referrals and signposting to other agencies.
- Offering group work tailored to specific cohorts or targeting an identified need.
- Assisting with whole school mental health training for both staff and pupils.
- Discussing any other support needs that the School has in regard to pupils' emotional wellbeing.
- Liaising with parents/carers, where appropriate, to help them to further support the young person outside of sessions
- Attending multi-agency meetings, where appropriate, to support and advocate for the young people we are working with

Talking to your counsellor, therapist or one-to-one support worker

Usually anything you tell your counsellor, one-to-one support worker or therapist will only be shared within 42nd Street if it is necessary or to make sure you get the best service from us.

The only time we would talk to someone else is if you tell us that you or someone else is at risk. If you are worried about this, discuss it with your counsellor or another worker.*

*There is more information on our 'Confidentiality' postcard

"I feel like I'm in a much better frame of mind to start a new college and I couldn't have got here without your help."

Male, 17 Social Anxiety

"Young people... are extremely fortunate to be able to access the high quality services of 42nd Street when experiencing emotional and psychological issues."

"The therapy is changing my life... I'm no longer experiencing flashbacks or nightmares."

Female, 24, PTSD

Time to talk

For more information about accessing 42nd Street support within your school, please contact us at The.Team@42ndstreet.org.uk

Visit our website:

www.42ndStreet.org.uk

Call us:

0161 228 7321

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