



42nd Street in Schools and Colleges

Supporting Young People
in Schools and Colleges

42ndstreet.org.uk

42 STREET

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Who are we?

42nd Street is a leading mental health charity supporting young people in school and colleges 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 also facilitates a range of therapeutic services for young people, please see our website for more details. We have a range of groups on offer at 42nd Street to support young people. They can also access various creative sessions and projects through The Horsfall creative space along with open art competitions.

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 mental health practitioners are typically 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 in a solution focussed way.

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 with the young people who they feel would benefit from the support. The 42nd Street worker will then complete an assessment in collaboration with the young person.



What will sessions be like?

- Our sessions will take place in a confidential space/room in school or college.
- 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/college (via the mental health lead), 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/college 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
- Provide comprehensive end of year reports and case studies that evidence the therapeutic work completed, arising themes and distance travelled. This valuable feedback can feed into your whole school mental health developments and OFSTED inspections.

'I understand now that how I have been feeling might be rooted in my experiences and the way my life has been structured all of these years rather than me being wrong or bringing this onto myself' Young Person

"I feel like I have a better understanding of what is going on for me around my anxiety. My thoughts about hurting myself don't affect me as bad as they used to. It's helped a lot for coping skills and activities to do when I'm down"
Young Person

"I've enjoyed the sessions and it's helped me with my anger a lot – I haven't felt angry for ages and I feel like I know myself better and understand my emotions more"
Young Person

"It was good to talk things through with you, I feel like I understand my kid so much better now." Parent

Time to talk

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

Visit our website:
www.42ndStreet.org.uk

Call us:
0161 228 7321

Follow us:
[@42ndstreetmcr](https://twitter.com/42ndstreetmcr)
[@thehorsfall](https://twitter.com/thehorsfall)

'The 42nd MHP gave an insight into some of the students' behaviours and this was then fed back to teachers. We were then able to support the students in a positive way as there was a better understanding of the students' needs.'
Mental Health School Lead

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