



# MENTAL HEALTH AND EMOTIONAL WELLBEING IN SCHOOLS AND COLLEGES

Supporting children, young  
people and school staff

0161 440 0055

[beacon-counselling.org.uk](https://beacon-counselling.org.uk)



**BEACON**  
COUNSELLING

registered charity 1109545

# OUR VISION FOR CHILDREN AND YOUNG PEOPLE

**A SOCIETY WHERE  
EVERYONE IS  
ABLE TO COPE  
WITH DISTRESS &  
HAS THE  
OPPORTUNITY TO  
ENJOY A HAPPY  
LIFE**



**"EVERYTHING IS DONE  
IN STEPS IN A CALM  
ENVIRONMENT" AGE 16**

## A YOUNG PERSON'S WELLBEING IS OUR TOP PRIORITY

Beacon counselling has a track record of improving the mental health and wellbeing of pupils, supporting their personal development and helping them to engage better in their education. We are passionate about tackling the root causes of issues and providing an outstanding service which builds resilience in young people rather than a quick fix which can result in issues resurfacing. We work together with schools to develop a tailored package that suits their needs.

**"1 in 3 children referred  
to NHS Mental Health Services  
are not accepted into treatment"**

**"1 in 6 children aged under 16 are  
likely to have mental health  
problems"**

**"50% of mental health problems  
start by the age of 14"**



## OUR MISSION

We build resilience in communities by supporting adults, young people and children experiencing mental and emotional distress

## OUR WORK

We do this by providing one to one counselling, wellbeing and group programmes and through community projects

## OUR VALUES

### Professional

We care about the quality of what we do and we are committed to self-development

### Can-do

We are proactive, passionate and find the best way to support you

### Respectful

We do not judge; we listen and understand

### Inclusive

We are accessible to everyone and treat everyone as an individual

### Friendly

We're warm, caring and we'll support you

### Self-Care

We practice what we preach, taking care of each other and ourselves

# 2000+

people supported each year

# 12000+

counselling appointments attended each year

# 29+

Schools we work directly in within 9 boroughs in the North West

## HOW WE CAN HELP

**ONE TO ONE COUNSELLING**

**EMOTIONAL WELLBEING SUPPORT**

**WORKSHOPS FOR PUPILS**

**ASSEMBLIES AND TALKS**

**SUPERVISION FOR STAFF**

**TRAINING AND WORKSHOPS FOR STAFF**

**COUNSELLING FOR STAFF**

**CRITICAL INCIDENT RESPONSE**

# MENTAL HEALTH AND WELLBEING SUPPORT IN SCHOOLS

Beacon's children and young people's counsellors are all qualified to Diploma level or beyond and have substantial experience working with young people. Staff are skilled in using a diverse range of age and development appropriate therapeutic techniques, this allows for the service to be individualised for each child and young person.

Counsellors are extensively trained and experienced in dealing with safeguarding issues and work within established education and multi-agency protocols. Our counsellors practice, and our organisational practice is aligned with the BACP (British Association for Counselling and Psychotherapy) and we work within their ethical framework.

At Beacon we take pride in the quality and effectiveness of our services. We have over 38 years' experience supporting children and young people in schools, as well as supporting school staff.

Counsellors work with children and young people along with the school team to ensure that they experience an inclusive and individualised service. We provide support and signposting to children and young people as they navigate multiple services from low to high level intervention.

Of the children surveyed who have completed counselling with Beacon:

99%

Measured positive impact

97%

Measured improved mood

“

The counsellor made time available for contact with parents of children referred during lockdown to build confidence and address any concerns/answer questions

Feedback from Headteacher

”

**"I've been feeling optimistic about the future"**

selection of 'rarely' or 'none of the time' decreased from 75% at start of therapy to 7% at end of therapy

**"I've been feeling good about myself"**

selection of 'rarely' or 'none of the time' decreased from 31% at start of therapy to 8% at end of therapy

**"I've been dealing with problems well"**

selection of 'rarely' or 'none of the time' decreased from 35% at start of therapy to 9% at end of therapy



# WHY BEACON?

All Counselling and Supervision is carried out in accordance with the British Association for Counselling and Psychotherapy (BACP)

Fully qualified counsellors and wellbeing staff with a designated Children Services Manager and Safeguarding Lead. Staff have a current enhanced DBS, provided with in-house, quality clinical supervision, supported with extensive training and provided with Continuous Professional Development in line with BACP guidelines

A leading provider of psychological therapies in schools with 38+ years establishment; Beacon is the chosen partner for Mental Health Support Teams in Stockport and an approved partner of NHS, CCG and CAMHS services

We work in partnership with Stockport Metropolitan Borough Council and Trafford Council to provide the Employment Assistance Programme for local authority staff within Stockport and Trafford

Clinical monitoring tools include CORE-10 (using YP-CORE) and KINDL (measuring physical wellbeing, emotional wellbeing, self-esteem, family, friends and everyday functioning)

We pride ourselves on our robust safeguarding procedures to ensure that every child, young person and adult who accesses our services is protected and kept safe and further conduct a collaborative annual review

Supports schools Education Inspection Framework in aspects of Behaviours and Attitudes, Personal development and Leadership & Management

Our work with schools helps us deliver our voluntary service into the community, supporting disadvantaged families, young people and adults to access free counselling

Depression,  
low mood

Anxiety &  
panic attacks

Emotional  
abuse

Family

Anger

“As the needs of our students changed, and challenges were raised to meet these needs, Beacon stepped up to adapt the provision in order to allow those students to get the support they needed.

Marple Hall School

”

# SCHOOLS SUPPORT FOR YOUNG MINDS

**BESPOKE PACKAGES FOR SCHOOLS  
AVAILABLE UPON REQUEST**

## **ONE TO ONE COUNSELLING FROM £32 PER SESSION (1 HOUR)**

Counselling provides children and young people with lifelong tools and coping strategies that they can refer back to when emotional discomfort returns

## **EMOTIONAL WELLBEING SUPPORT FROM £20 PER HOUR**

We can provide emotional wellbeing support to children and young people to help increase their emotional intelligence, normalise and validate their emotions and build the resilience they need to manage these emotions and their wellbeing. This low level early intervention provides young people who may be beginning to struggle with their mental wellbeing the tools to help prevent secondary mental health interventions

## **CRITICAL INCIDENT RESPONSE - PRICING AVAILABLE UPON REQUEST**

Beacon has extensive experience in dealing with critical incidents and supporting individuals and communities in crisis. When an incident occurs which impacts everyone in a school community, Beacon can create a bespoke package to ensure those who are affected quickly access the support required. This could include a clear written response plan, group work for children and young people to discuss the process of recovery from a traumatic incident and guidance regarding the incident with support in place that can be shared with school staff, pupils and families

## **THEMED ASSEMBLIES AND TALKS FROM £25 PER SESSION**

We can deliver themed assemblies to pupils, including those on Mental Health Awareness, Emotional Wellbeing, Positive Relationships, Anxiety, Promoting Resilience and more

## **BESPOKE WORKSHOPS FOR PUPILS FROM £30 PER HOUR**

We can provide bespoke mental health workshops including peer support groups for children and young people. Bespoke workshops can include Mindfulness, Promoting Resilience and more. Bespoke workshops can be developed with schools to meet their needs



“ I feel she understands the challenges our students are dealing with and she is always approachable. The counsellor always feedbacks to me and reports any safeguarding concerns plus she is great with communication ... I feel the counsellor is a very jolly person that radiates positivity when she visits our school, the students definitely benefit from her sessions and our staff do as soon as we see her smile walking through our school

Pastoral Manager  
- Emotional Well-being Lead  
**Highfields PRU, Stockport**



# SCHOOLS SUPPORT FOR STAFF

WE WORK TOGETHER WITH SCHOOLS TO DEVELOP THE PACKAGE THAT SUITS THEIR NEEDS  
CALL US ON 0161 440 0055 EXPLORE MORE

## STAFF SUPERVISION FROM £80 PER SESSION (1.5 HOURS)

Supervision allow professionals working in schools an opportunity to discuss their work, evaluate their professional development and often their personal development as well. The restorative element of supervision is associated with the support of person wellbeing through reflective management of work related stress, helping professional to make sense of and often cope with their stressful work environment.

## STAFF TRAINING AND WORKSHOPS FROM £30 PER HOUR

We can deliver tailored staff training, programmes and workshops including Mental Health Training, Promoting Resilience, Staff Wellbeing and Mindfulness. Programmes can be developed with schools to meet their needs.

## CRITICAL INCIDENT RESPONSE - PRICING AVAILABLE UPON REQUEST

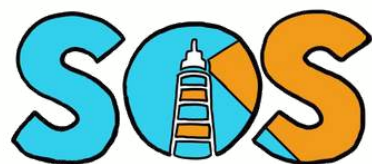
Beacon can respond quickly to incidents that happen within the community to provide a critical incident response plan along with any emotional well-being support. Beacon can create a bespoke package to ensure those who are affected quickly access the support required. This could include identification of the key requirements for support, group work with staff to discuss the process of recovery from a traumatic incident, guidance on the natural process of recovery from a traumatic incident and support in place that can be shared with school staff, pupils and families.

## STAFF COUNSELLING FROM £32 PER SESSION\* (1 HOUR)

Beacon recognises that there can be times when additional support is needed for schools staff. Balancing the pressures of work with the needs of home or personal life can be stressful. Counselling helps a person overcome issues that are present and historical.

\*Staff counselling is inclusive of the EAP programme across the Borough of Stockport and the Borough of Trafford





Beacon SOS is a youth panel and campaign to Stamp Out Stigma surrounding mental health in children and young people. It's a platform for young people aged 11 - 24 years to have their voices heard by those who can make changes happen and influence those in power.

Children and young people play a huge role in shaping this service and identifying gaps in provision and in project development.

The group is always open for new members and we openly promote this at schools we work in. Call 0161 440 0055 to find out more.

## GET IN TOUCH

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