



Unlocking Potential

We work collaboratively with communities to enable children and young people with social, emotional, and mental health needs to unlock their full potential.

The Schools Programme

School based mental health service offering therapeutic interventions and wellbeing activities to primary age children with SEMH needs.

Our programme is coordinated by a Therapy Team Manager who is based in the school and integrated into the school's pastoral care system.



The Schools Programme

We offer a range of interventions; tailor-made to meet the needs of each individual child

All interventions are co-ordinated by a Therapy Team Manager (qualified therapist) based in school 2-3 days per week

Parent engagement is a key part of our work and spans across all our interventions

1:1 Therapy

Psychotherapy & Creative Arts Therapy

50 min sessions

1 year

6x Talk Time

6 weeks - short Term targeted interventions

Wellbeing Groups

Developed responsively around child needs

Online Parent Group

10 weeks online plus weekly check-in call

Speech & Language Therapy

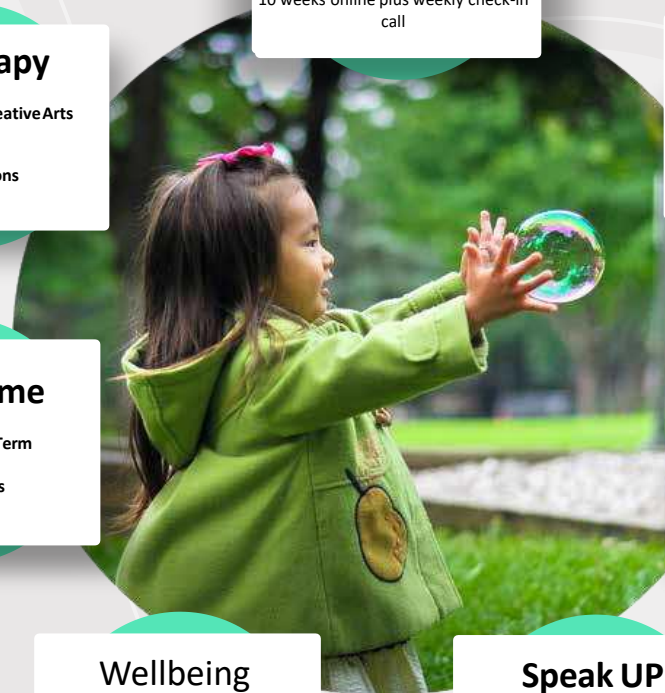
Universal Approach with small group support

Occupational Therapy

8-10 weeks block placement for 4 days per week

Speak UP & Check-in's

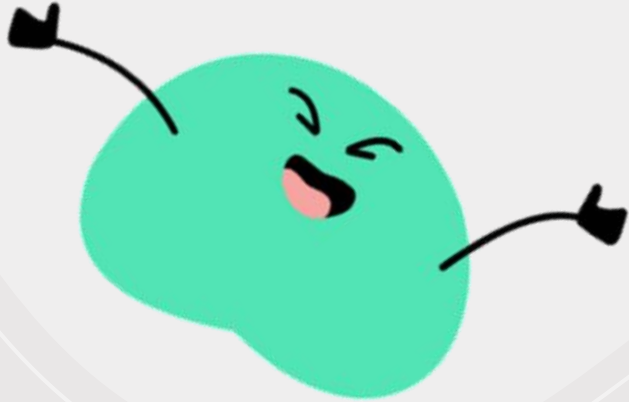
Self-Referral and Teacher Referral for responsive support



Being Kind to Yourself Matters

5th - 11th FEBRUARY
2024

Children's Mental Health Week
Coffee Morning



Children's Mental Health Week Theme

This year our theme is:

Being Kind to Yourself Matters



So...why has UP chosen this theme?

We all know being kind to others is so important,
but sometimes we can forget to be kind to
ourselves too.

Being Kind to Yourself Matters

By prioritising looking after your wellbeing and being kind to yourself you're enhancing your quality of life and taking a proactive stance towards a healthier, happier you.

Filling Your Cup Analogy

To fill your cup means to replenish those stores of mental, emotional and physical energy.

As the saying goes: 'You can't pour from an empty cup.'

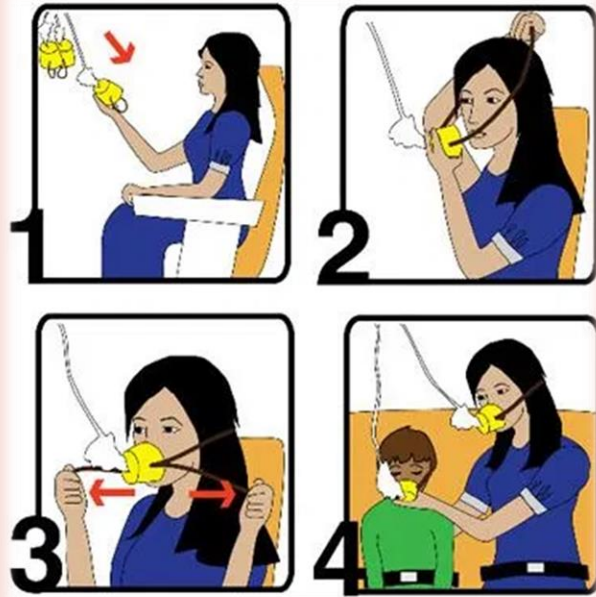
What this means in essence is that we need to take care of ourselves in order to care for others. This is especially true if you're a parent or carer.

Parenting is fantastic, challenging, rewarding – it can truly fill our cups up to the brim....but it can just as easily drain our cups dry.

Before we can begin to understand how children's emotional needs can be responded to, we first need to understand how we can respond and resource ourselves.



Being Kind to Yourself Matters



The Oxygen Mask Rule is simple: if the cabin loses pressure, oxygen masks will fall from above.

You are instructed to place yours on yourself before trying to help others.

What is Wellbeing?

Good wellbeing might include...



Feeling happy
or content

Contributing to the
community



Working
productively

Coping with the
stresses of life



Realising
achievements

Five Ways to Wellbeing





Step 1 - Connect

Social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

Ways of doing this include;

Here are some ways you could make a connection today:

- If you feel comfortable, you could try speaking to someone new
- Ask how someone's weekend was, and really listen when they tell you
- Put 5 minutes aside to find out how a colleague is doing
- Give a colleague a lift to work or share the journey home with them



Step 2 – Get active

Exercise is essential for slowing age-related cognitive decline and for promoting well-being.

Studies have shown that getting active can help you sleep better, have happier moods, and reduce feelings of stress, anxiety and racing thoughts.

Here are a few ideas for how you can get active today:

Take the stairs rather than the lift

Go for a walk at lunchtime

Get off the bus one stop earlier than usual and walk the final part of your journey

Do some stretches before you leave in the morning



Step 3 – Take notice

Reminding yourself to take notice can help you to be aware of how you're feeling. It can help you understand what triggers your feelings of stress or anxiety.

Some studies have shown that savouring 'the moment' can also help you to feel more positive about life.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

Get a plant for your workspace

Have a 'clear the clutter' day

Take a different route on your journey to or from school

Visit a new place for lunch



Step 4 – Keep Learning

We're always learning new things – often without realising it. Feeling like you're learning and developing can boost your self-esteem.

What can you learn today? Here are a few ideas:

Sign up for a class

Read the news or a book

Set up a book club

Do a crossword or Sudoku

Research something you've always wondered about

Learn a new word



Step 5 - Give

There's been lots of research about the effects of taking part in social and community life. Some studies have shown that people who help others are more likely to rate themselves as happy.

Is there anything you can do today, to be kind or helpful to someone else? You could try:

Making a cup of tea for a colleague

Offering to help a friend with something they're stuck on

Introducing yourself to a new parent or carer, to help them feel more at ease

Seeing if there are any volunteering initiatives open in your local community

Dealing with life's challenges

We all go through difficult times, and it can be a healthy reaction to feel negative emotions when facing challenges. There's no single "right way" to react, and some of us are more deeply affected by events than others. Everyone is different.

Our genes, life experiences, upbringing and environment all affect our mental health and influence how we think and respond to situations. It can also depend on how well other parts of our life are going or how supported we feel.

Being aware of these factors may make it easier to understand when we, or someone we care about, are struggling.

It's Good to Talk

- Friends and Family
- Staff at school
- Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone)
- SANEline. If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day).
- CALM If you identify as male, you can call the Campaign Against Living Miserably (CALM) on 0800 58 58 58 (5pm–midnight every day)
- Local NHS urgent mental health helpline for London: 0800 023 4650

Clear Fear

Clear Fear provides you with a range of ways to manage the symptoms of anxiety. Developed by a clinician co-collaboratively with young people, Clear Fear uses a Cognitive Behavioural framework to help you change anxious thoughts



WorryTree

Notice, record and manage your worries using cognitive behavioural therapy techniques.

Free



Catch It

Learn to manage negative thoughts and look at problems differently

Free



Chill Panda

Being tested in the NHS

Use breathing techniques to help you relax more, worry less and feel better

Free



My Possible Self: The Mental Health App

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking

Free, with in-app purchases

Exhale is an emotional well-being app designed specifically for Black Women to help cope with the stress associated with everyday life and the effects of systemic racism.



Balance: Meditation & Sleep

Calm your stress & anxiety

Elevate, Inc.

Designed for iPhone

#55 in Health & Fitness

★★★★ 4.9 - 13.2k Ratings

Free - Offers In-App Purchases

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Clinical Psychologist Dr. Nihara Krause, in collaboration with young people, to help manage the urge to self-harm. It uses principles from an evidence-based psychological treatment called Dialectical Behaviour Therapy (DBT).



Apps



Other Websites



[Advice for parents and guardians -
Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/)



[Parents Helpline | Mental Health Help for Your Child |
YoungMinds](https://www.youngminds.org.uk/)

BAATN
The Black, African and
Asian Therapy Network

[Blog | The Black, African and Asian Therapy Network
\(baatn.org.uk\)](https://www.baatn.org.uk/)



Anna Freud

[https://www.annafreud.org/resources/family-wellbeing/self-care-for-parents-and-carers//](https://www.annafreud.org/resources/family-wellbeing/self-care-for-parents-and-carers/)

WHAT CAN YOU TAKE AWAY FROM TODAY – TOP TIPS

Being Kind to Yourself Matters



Unlocking Potential

Q & A

