



Unlocking Potential

UPLifting Children at Unlocking Potential

Information for Schools



UPUnlocking
www.up.org.uk

UPLifting Children is a school-based mental health service offering therapeutic interventions and well-being activities to primary age children with social, emotional and mental health (SEMH) needs. Our multi-disciplinary team of trained therapists provide flexible, timely and targeted interventions to improve emotional wellbeing and help children thrive.

Therapeutic interventions offered by our team work alongside those delivered by school staff to create a holistic and robust pastoral system.

We can support children struggling with:

Abuse and complex trauma

Challenging behaviour in and outside of school

Low self-esteem or confidence

Emotional literacy and social communication

Developmental delays in learning and speech

Our interventions include:

Psychotherapy

Short term targeted therapeutic interventions

Occupational Therapy

Speech and Language Therapy

Wellbeing Groups

A self-referral drop-in service

How it works

We offer a range of support to meet the needs and budgets of your specific school community.

Qualified child therapists who offer short term therapeutic interventions for groups and individuals and wellbeing check ins for pupils and staff support.

Complex Case Psychotherapists: Our complex case psychotherapists are qualified and experienced child therapists who work with our most high-risk cases.

Occupational Therapy: OT is offered by a qualified OT, or offered by trainee students who are supervised by our UP Occupational Therapy Lead.

Speech and Language Therapy: SALT is offered by trainee students who are supervised by our UP Speech and Language Lead.

Our therapists can offer a range of staff training sessions based on the needs of your team.

What we need from you

In order for UP to work most effectively in your school, we require the following:



A confidential and private therapy room dedicated to the UP service.



A designated member of staff that works as a school link for the UP service



A commitment to working with the UP staff to fill in referral forms, share information and work collaboratively to support the wellbeing of the children in your school community

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Making art helps me forget all the drama from today and now that I've talked to you about it, it doesn't feel so big. I think I can go back to class and not let it get to me now.

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Year 5 child, Hackney

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Without Unlocking Potential, we would struggle to meet the needs of some of our most vulnerable pupils, owing to our increasingly limited resources. In light of more recent global events and the increased focus on mental health across the school curriculum, the need for the service of Unlocking Potential is even more vital.

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Headteacher, Hackney

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I have seen an amazing difference in his confidence since starting therapy

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Parent of a child in 1:1 therapy, Tower Hamlets

Get in Touch

Please contact us for further information about the UPLifting Children service and fees paid by schools as a contribution towards our costs
upliftingchildren@up.org.uk