



Psych^{UP} /saɪk əp/ साईक अप

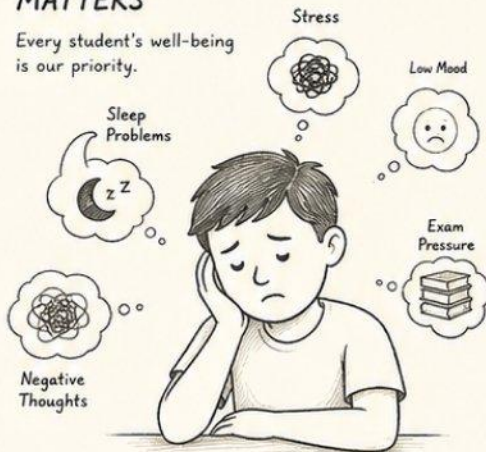
Center for Psychological and Neurocognitive Health
414, Kalani Nagar, Airport Road, Indore, (M.P.) Pin: 452005



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Know more

MENTAL HEALTH MATTERS

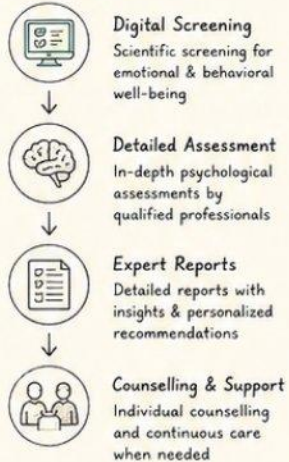
Every student's well-being is our priority.



Early support can create
a lifetime of strength.

WHAT WE DO

A Comprehensive Approach
to Student Well-being



PSYCHOLOGICAL ASSESSMENTS



IQ ASSESSMENT
Measure cognitive abilities & potential



SLD ASSESSMENT
Identify Specific Learning Disabilities & academic challenges



DEPRESSION & ANXIETY
Screening & assessment for emotional well-being



BEHAVIORAL PROFILE
Understand behavior, personality & social functioning

Identify vulnerable children early,
Support them with care & confidentiality.



Aligned with Supreme Court directives, National Task Force for Suicide Prevention & CBSE guidelines.



IN-SCHOOL COUNSELLOR

- Highly qualified professional
- Physical visit once a week
- Individual sessions
- Teacher & parent support



ONLINE SUPPORT

- Access to counsellors through our secure app
- Chat / Audio / Video sessions
- Continuous support outside the school

GATEKEEPER TRAINING

Empowering the School Community



TEACHERS

PARENTS

SCHOOL STAFF

- ✓ Identify warning signs
- ✓ Psychological First Aid
- ✓ Effective communication
- ✓ Referral & support pathways

Together, we build a safe & supportive environment
for every child.

AWARENESS & GROUP COUNSELLING PROGRAMS

Online & Offline



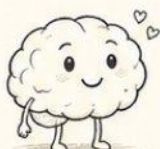
Building awareness. Building resilience.
Building a better future.

SAFE & CONFIDENTIAL



- Strict confidentiality
- Ethical & professional practices
- Secure handling of all information
- Your trust is our responsibility

A safe space to talk.
A safe place to heal.



Healthy minds
learn, grow
& achieve
together.

Let's Work Together for a Mentally Healthy Generation.



Care



Connect



Support



Empower

CONTACT US

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WHY CHOOSE PSYCH-UP?



EXPERT PROFESSIONALS

Team of highly qualified clinical psychologists with advanced training and experience.



EVIDENCE-BASED APPROACH

Scientific tools & proven methods for accurate assessment and effective support.



CHILD-CENTRIC CARE

Compassionate, non-judgmental and personalized care for every student.



CONFIDENTIAL & ETHICAL

Your privacy is our priority. We maintain strict confidentiality at every step.



HYBRID & FLEXIBLE MODEL

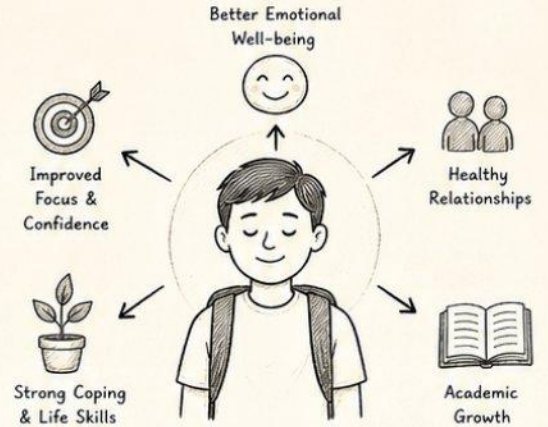
In-school + Online support ensures continuous care anytime, anywhere.



PARTNER IN WELL-BEING

We work hand-in-hand with schools, parents and students for long-term well-being.

HOW WE SUPPORT STUDENTS



Healthy minds today,
stronger futures tomorrow.

WE WORK WITH



- Schools (CBSE, ICSE, State Board & Others)
- Students
- Teachers
- Parents
- School Management

OUR PROMISE



To create a safe, supportive and mentally healthy environment where every child can thrive and reach their full potential.



INDICATORS WE CAN HELP WITH

- ✓ Low mood / sadness
- ✓ Anxiety / worry
- ✓ Stress & exam pressure
- ✓ Behavioral issues
- ✓ Attention & concentration problems
- ✓ Learning difficulties
- ✓ Self-harm / suicidal thoughts
- ✓ Social withdrawal
- ✓ Poor self-esteem
- ✓ Anger & emotional outbursts



OUR PROCESS



1. UNDERSTAND

We understand the needs of the school and students.



2. SCREEN

Scientific screening to identify students who may need support.



3. ASSESS

Detailed psychological assessment by experts (if required).



4. PLAN

Personalized support plan & recommendations for each student.



5. SUPPORT

Counselling, therapy, training & awareness programs.



6. FOLLOW-UP

Regular follow-up and continuous progress tracking.

WHAT SCHOOLS SAY

"Psych-Up has been an incredible support for our students and teachers. Their professionalism and care make a real difference."
- School Principal



"The training for teachers and parents helped us understand children better and build a more supportive environment."
- Parent



OUR IMPACT



Improved emotional well-being of students



Better academic focus and performance



Stronger school climate and relationships



Early identification prevents serious mental health risks



Empowered teachers and informed parents



Safer, healthier and happier schools

TOOLS WE USE



Standardized Psychological Tests & Inventories



Research-backed Screening Tools



Digital Counselling Platform



Secure Data & Report Management



TOGETHER,
LET'S BUILD MENTALLY
HEALTHY SCHOOLS.



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SCAN TO KNOW MORE
OR CONNECT WITH US

