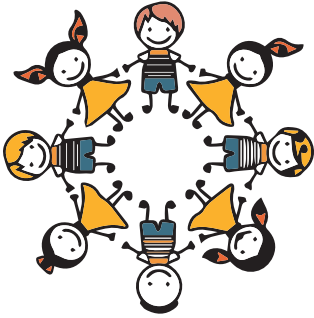


What kind of support can The Exchange provide in my school?



- Help support you with problems or worries you may have.
- We will meet with you and together, we will draw up a plan of how to improve your wellbeing.
- We can either work with you by yourself or with others who are having similar struggles.
- The Exchange worker will support you for up to 8 weeks.
- The work you do together will be fun and focused on helping you cope and to feel better.

What kinds of things can The Exchange help me with?

- Bullying
- Arguments at home or with friends
- Death of someone close to you
- Feeling angry, confused or rejected
- Panic Attacks/Anxiety
- Body Image/Self-Esteem

Will my parents know that I am attending the counselling/ wellbeing

YES

If your teacher or a key adult in your school feels that working with us may help you, they will always speak to your parents first.

If you are under the age of 12 we need your parent's or the person that you live with to give us permission to work with you.

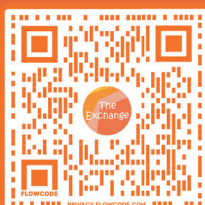
Can I get support during lockdown or when school is not open?

YES

We can also offer support either by phone or on-line, and occasionally also by video.

The Exchange can also provide text based chat and other online supports.

Scan the QR code to find out more



If you would just like to know more about the service please speak to a teacher in your school.
or visit our website
exchange-counselling.com