

The Exchange

PSYCHOLOGICAL WELLBEING A GUIDE FOR CHILDREN IN PRIMARY SCHOOLS

GUIDE FOR CHILDREN

What kind of SUPPORT can The-exchange PROVIDE in MY SCHOOL?

The-exchange can work with you, your teachers and your parents to help support you with problems or worries you may have.

If you, your teacher and your parents agree that you would benefit from some support from The-Exchange they will meet with you to find out a bit more about you, and what you might want support with. Together, you will draw up a plan of how you will work together to improve your wellbeing. This might be as part of a group with some other pupils over 6-8 sessions, or you may work with one of The-exchange counsellors individually. It depends in what might suit best. During both the group work sessions and the 1-1 sessions you will take part in a number of interactive activities that are designed to help improve your wellbeing.

What kinds of things can The-exchange help me with?

The-exchange can help support you with a large number of issues including:

BULLYING

ARGUMENTS
at home
OR With
FRIENDS

DEATH OF
someone
CLOSE to
YOU

Panic
Attacks/
ANXIETY

FEELING
angry,
CONFUSED OR
REJECTED

BODY
IMAGE/SELF-
ESTEEM

WILL MY PARENTS KNOW that I AM attending the COUNSELLING/Wellbeing sessions?

YES If your teacher or a key adult in your school feels that working with The-exchange may help you, they will always speak to your parents first before contacting The-exchange. If you are under the age of 12 parental consent is required for you to attend the wellbeing sessions.

CAN I get SUPPORT DURING LOCKDOWN OR When SCHOOL IS NOT OPEN?

During 2020 and 2021 The-exchange have continued to support children and young people like you. Sometimes this has been face-to-face in the same room, but other times it has been either by phone or on-line, and occasionally also by Skype or Zoom. The-exchange can also provide text based chat; social media support groups and other on line supports on a range of topics such as anxiety, transition and self-esteem. So, you can still access support during the pandemic or when the school is on holiday.

If you would just like to know more about the service please speak to a teacher in your school or visit our blog—

blogs.glowscotland.org.uk/ea/schoolcounselling/