



Exchange Counselling

Information for Parents/Carers

What is Exchange?

Exchange Counselling is a children's counselling service that work with individuals on a one-to-one basis in the school.

Referrals can be made by the school or parent/carer. Once a referral is made, Exchange Counselling will conduct a parent phone call and then 5-6 one-to-one sessions with the child.

Make a referral

You can use the QR code below to access the referral form.



Support and advice from Exchange Counselling can be found on this website. This may be useful as you are waiting for a referral to be accepted.



Follow this QR code to visit Exchange Counselling's digital wellbeing platform.



If you wish to discuss support for your child further, please contact the relevant staff member.

PI-3: Mrs Mackenzie, P4-7: Mrs Thompson

