

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 can The Exchange help 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 if I attend sessions? **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 when school is not open?

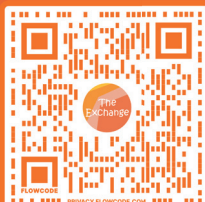


YES

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

What kind of support can The Exchange provide?



- The Exchange is a counselling and wellbeing organisation.
- We can help children build their resilience and develop it in different ways. Things like making them feel better about themselves and helping them better cope with and express their feelings.
- We work closely with school staff to support the process.

What kinds of things can The Exchange help with?



- Problems at home or with friends
- Transition and change
- Death of someone close to you
- Panic Attacks/Anxiety
- Body Image/Self-Esteem

Will someone tell me if my child is attending sessions?

YES If your school feels that counselling could be helpful they will always contact you before seeking support from The Exchange.

For children under the age of 12, parental consent is required.

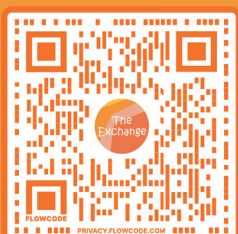
What types of support do The Exchange offer?

One-to-One Interventions

- 8 sessions which includes meeting with parents.
- Check in halfway with teachers and parents
- Therapists use a variety of techniques in their work with the child including theraplay; art; drama etc.

Group Work Programmes

- The sessions are interactive and creative, they usually last around 45 minutes. We will work to ensure they fit sensibly around other activities and lessons.
- Group work programmes for different ages are designed around specific themes e.g. bereavement, feelings, relationships and transition.



If you would like further information, please ask to speak to the School Counselling lead in your child's school or visit:

exchange-counselling.com

Additional support and resources are available on our resource site:

exchange-resource.net

What is counselling?



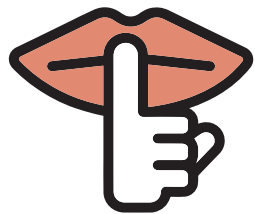
- Counselling is not complicated, it's just talking about anything you want to talk about.
- The counsellor will listen to you without making any judgements and will completely respect your right to privacy. Their job is to listen and help you.
- Counsellors have a lot of experience in helping young people and can help with a wide range of problems.

What can the counsellor help with?



- Bullying
- Arguments at home or with friends
- Feeling angry, confused or rejected
- Self-harming
- Death of someone close to you
- Concerns about sexuality, abuse

Is it confidential?

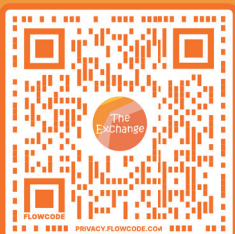


- **YES** You have the right to privacy and the counsellor will ensure that right is respected.
- The only exception is if the counsellor is concerned that you, or others are at risk of harm. The counsellor will need to create a plan of how to keep you safe. They will talk to you about this first before any information is shared with anyone else.

How do I make an appointment?



- You can speak to one of the guidance teachers in your school and they will complete an on-line referral for you.
- Or you to do this for yourself online or by scanning the QR code.
- We use text to communicate with people so make sure we either have your number or the number of an adult you trust so that we can get back to you.



If you would just like to know more about the service please speak to your Guidance Teacher/pastoral support teacher or visit — exchange-counselling.co.uk or you can scan the QR Code

What is counselling?



Counselling provides a private place where a person can talk about things which are troubling them.

Some of the difficulties people bring to counselling include:

- Bullying
- Problems at home or with friends
- Feeling angry, confused or rejected
- Difficulties at school or exam stress
- Death of someone close
- Concerns about sexuality, abuse or self-harm

Important Questions

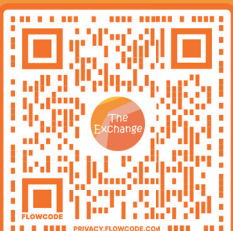


- Is counselling confidential? **YES**
- Are school staff told about what the young person discusses in counselling? **NO**
- Are parents told about what the young person discusses in counselling? **NO**
- Are there any exceptions to this? **YES: 3 EXCEPTIONS**
 1. Sometimes it can be helpful to include parents in the process.
 2. If counsellors become concerned for the safety of the young person they will support them by accompanying the person to go and talk to another person about their concerns.
 3. If the young person speaks about something which indicates that they (or others) are at risk of harm. The counsellor will take action and act in line with Child Protection procedures.

Who does the counselling?



- The counselling is provided by a professionally qualified counsellor who is not a member of the school staff.
- The Exchange is part of an organisation called Therapeutic Counselling Services, a member of the British Association for Counselling and Psychotherapy. If you are unhappy about the service we provide, you can discuss this with a senior manager by calling **03302 020283**.



For more information you can visit our website at

exchange-counselling.com

Additional support and resources for parents are available on our resource site - exchange-resource.net