

# 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 we will meet with you to find out a bit more about you, and what you might want support with. Together, we will draw up a plan of how we will work together to improve your wellbeing. We can either work with you by yourself or with others who are having similar struggles as you. The Exchange worker will support you for up to 8 weeks (or less if you choose). 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?

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 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?

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 video. 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.