

# The Exchange

Supporting psychological wellbeing and emotional resilience in children, young people and families.

**MENTAL  
HEALTH IS  
EVERYTHING  
WE DO**

**The Exchange** specialises in providing psychological support to children [4-11 yrs] and their families. Our therapeutic interventions focus on helping children develop the psychological resources that they need to strengthen their resilience. We work collaboratively with school staff and parents by identifying ways that they can help and resources to achieve this.

**9** Local Authorities

**18** Years Experience

**400** Schools

**1500** Referrals Every Year



## What can we HELP With?

**Anxiety/  
WORRIES**

**Self  
esteem &  
confidence**

**family issues  
such as  
parental  
separation,  
relationship  
struggles**

**Change &  
transition**

**friendship  
struggles**

**emotional  
regulation**

## HOW DOES IT WORK?

- We have a team of experienced practitioners who specialise in supporting the mental health of primary school children.
  - We deliver the support in school.
- We use a resilience based assessment to identify areas of strengths and vulnerabilities
- We create bespoke programmes to target the individual needs of each child which are fun and engaging
- We provide group programmes for common themes- see our Programme Guide for more information

**We measure progress and make recommendations for ongoing healthy psychological development**

THEEXCHANGEWELLBEING 

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EXCHANGEWB 

03302 020 283  
EXCHANGE-COUNSELLING.COM

# The PROCESS

Education Staff OR  
SCHOOL NURSE  
COMPLETES A REFERRAL  
at

[exchange-counselling.com/new-referral](https://exchange-counselling.com/new-referral)

OUR team Will  
get in touch With  
Parent/Guardian  
and the School



AN initial meeting  
With the Parent  
Will take Place

A PRACTITIONER Will  
contact the School  
to arrange an  
initial meeting With  
the Child

AN appropriate  
COURSE of action is  
identified and  
Shared With Parent  
and School

UP to 8 sessions  
are PROVIDED (1-1 OR  
as Part of a group)



In Primary schools we have supported over **1000** children through our interactive, creative programmes. Collaboration with school staff and parents allows for an **involved approach** which **aids development** within school and at home.

"It's great to have The Exchange in school for the pupils as well as to ask for advice.

A lot of other support services can be hard to reach. They get to know the staff and pupils they are working with which makes it easier for school to provide the support that is needed."

## OUR TEAM

PERSONALITY AND CREATIVITY  
MATTERS  
GIVE SPECIALIST ADVICE TO OTHER  
ADULTS  
PROFESSIONALLY TRAINED  
SKILLED IN DIFFERENT APPROACHES &  
TECHNIQUES

"In our school the practitioners have a good rapport with our students and after the initial sessions they don't just close, they update us on who still needs regular check ins and will ask to see them at a future date."



## RESILIENCE BUILDING PROGRAMMES



### The Friendship Shield

Making friends isn't easy for every child and it can really impact the way they feel in school and outside school. The Friendship Shield helps children develop friendship building skills. Children will create their own 'toolbox' of skills to enhance their connection to peers leaving them ready to be a good friend and ready to make good friends!



### The Adventure

Feeling strong, able, and ready to embrace Secondary School can be challenging for a young child transitioning from Primary School. The Adventure programme was designed to prepare children for the next big chapter and to tackle Secondary School with a confident and optimistic mindset!



### I Matter

Breakdown of family relationships is hard for everyone involved. I Matter is designed to help support children through the breakdown of family relationships and has been created to help the child make sense of the world which is changing around them.



### Key to Me

Every child is unique in their own way, but not all children can find a way to express their uniqueness. The Key To Me programme promotes individuality and self-belief and guides the young person to unlock personal characteristics and discover their inner strength to shape a positive sense of self.



### Dragon Mountain

Keeping our feelings and emotions in check can be a struggle at times. Join our journey through many lands to become an adventurer. Dragon Mountain takes a unique approach in encompassing mindfulness and meditation techniques along with resource-based theory to aid self-reflection and self-regulation.



### Inside Out

Our SHIP program helps children learn healthy ways of expressing difficult feelings, getting the inside stuff out! Children are still learning how to manage their feelings and sometimes they might even hurt themselves as a way of getting rid of difficult feelings and frustrations.



### Caterpillar to Butterfly

Based upon the framework of the "Resource-based Approach", the programme focuses on building resilience. Centred around the story of "Clove the Caterpillar" the practitioner works through a range of creative and imaginative activities, children discover the crucial pillars of measuring resilience I have, I am and I can.