

The Exchange

We understand that during these difficult times Families may be experiencing more stress and pressure than usual. We are able to provide support to Children, Young People, and their Families during this difficult time.

This can be in various forms:

- Telephone counselling;
- Emotional Support for Parents;
- Resource sharing;
- Online instant chat;
- Social media support groups;
- Psychological wellbeing webinars and more.

Please get in touch if you feel you could benefit from our support on 0330 2020283 or:

To submit a referral, please visit

www.exchange-counselling.com/contact_us

Click on the orange button.

**TO MAKE A REFERRAL FOR A
CHILD/YOUNG PERSON**

OR

**TO REQUEST A COUNSELLING
APPOINTMENT FOR YOURSELF**

CLICK HERE

Contact us via our Online instant chat service.

www.exchange-counselling.com

Click on the blue speech bubble.

we are here
—TALK TO US—

