

# The-exchange

Counselling and Psychological Support

There are times when we might feel sad,  
worried, frustrated, lose confidence and not  
know what to do...

No matter the struggle, we will help.

During this time that the Coronavirus is causing  
schools to close, you can still get in touch with the  
school counselling service.

You can call to get a confidential appointment

**0 3 3 0 2 0 2 0 2 8 3**

Or

You can chat on line at

[www.exchange-counselling.com](http://www.exchange-counselling.com)

We are here to help if you need it

[www.exchange-counselling.com](http://www.exchange-counselling.com)

