

The Exchange Counselling Service is available for young people attending **The John Frost School**.

The Exchange provides The John Frost School with a qualified counsellor who works with students who may wish to talk about personal, emotional, or wellbeing concerns. Counselling offers a safe, supportive, and confidential space where young people can discuss issues that may be affecting them at school, at home, or in their daily lives. The service aims to promote emotional resilience, wellbeing, and positive mental health.

Counselling is private and confidential and is available to students who wish to refer themselves for support. The Exchange has extensive experience in supporting children, young people, and families and works closely with schools to help students access the support they need to thrive both emotionally and academically.

Students can make a referral for one to one counselling directly using the following link:

Referral Form: [Make a Referral | Exchange Counselling](#)

For further information about The Exchange and the range of support services available, please visit **The Exchange Website:**

<https://www.d-exy.com/>

Make a Referral | Exchange Counselling