

Psychological well-being

CHILDREN

Children and families experience many adverse life events that can be difficult and challenging [e.g family breakdown, bereavement]. Some life circumstances can be stressful and cause children and parents to experience prolonged periods of sadness, anxiety, anger and other difficult emotions. Primary-aged children can sometimes struggle to cope in the face of adversities because they are still developing their resilience. Parents and guardians can often feel "de-skilled" and lack confidence in supporting resilience in their child. Many parents worry about what the "right thing" to do is and can often feel under-resourced in their own resilience. Children and families who are experiencing difficult circumstances can benefit from support in building their resilience and we have resources which can help them in this area.

TEENAGERS

The-exchange understands that the vast majority of young people do not have a mental health problem, but they are having difficulties dealing with predictable issues: family conflict, peer relationships, stress, low self-worth, social media pressures. For these emotional and psychological struggles, a school-based counselling service is an ideal intervention; easy to set up, easy to access and one that provides personalised support just when it is needed.

UNIVERSITY STUDENTS

The-exchange has developed a specialist approach in supporting the psychological well-being of students. Our interventions are designed to support students that are feeling overwhelmed by their emotions, being at university, and their studies. Students often become isolated and lack the resources to manage stress and anxiety whilst trying to complete their studies. Building resilience in students can help them achieve what they set out to whilst dealing with the inevitable life stresses through this transitional period of their lives. The-exchange help students develop their inner strength to excel and succeed in the face of adversities.

FAMILIES AND SCHOOLS

Based on a well-developed model of building resilience, the-exchange can offer an integrated service of support with extends to families and school-staff, while keeping the young person in the centre of the process. Using resilience as a context and framework we adopt the approach that young people who are struggling with difficulties, emotions, social interactions etc, are "under-resourced" in critical areas and the adults around them should play a role in helping the young person develop the resources they require for moving into adult life effectively. The-exchange has drawn from research and linked this to our own considerable experience of working with children, young people and their families to create a helpful assessment framework built around resilience which is able to highlight how others can support the development of this capacity within the young person. This is an ideal construct when working with schools and families in addressing the psychological and emotional needs of young people. It creates a shared language and ensures the young person is at the centre of the process.

