

Examinations times can be extremely stressful for students and parents/carers. Below are some links to websites that can offer additional support and guidance.

Advice for young people

[Childline](#) is a service provided by the NSPCC offering confidential advice to children and young people. See [Childline's tips for beating exam stress](#).

[YoungMinds](#) is a charity working to improve emotional well-being and mental health amongst children and young people. See [YoungMinds' advice for young people](#).

[Student Minds](#) is a mental health charity for students. See Student Minds' [resources for dealing with exam stress](#).

[Mind](#) is a charity providing mental health support for anyone experiencing a mental health problem. See [Mind's 14 ways to beat exam stress](#).

[The Student Room](#) is an education website offering peer support for students. See The Student Room's [advice on dealing with exam stress](#).

Advice for parents

[YoungMinds](#) is a charity working to improve emotional well-being and mental health amongst children and young people. See [YoungMinds' advice for parents](#).

[NHS](#): See the advice from the NHS: [Help your child beat exam stress](#).

[Family Lives](#) is a charity helping parents to deal with the changes that are a constant part of family life. See Family Lives' advice for [supporting your teenager through their exams](#).

[Relate](#) is a charity offering relationship support. See Relates advice for [coping with exam stress as a family](#).

[TheSchoolRun.com](#) is a website offering resources to help learning at primary school. See their advice on [helping your primary school child with exam stress](#).

[Teenagers Translated](#) is a website offering information to help parents understand their children during their teenage years. See their advice on [managing exam stress](#).

[Coping with exam pressure - a guide for students - GOV.UK \(www.gov.uk\)](#) Coping with exam pressure – in cooperation with Liverpool Sir John Moores university

[Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#) Mental health guidance and support