



Year 11 GCSE Exam Stress Support (Parent Version)

BBC – Children in Need and Bitesize

<https://www.bbcchildreninneed.co.uk/changing-lives/supporting-young-people-with-exams/> - **Supporting young people with exams.**

<https://www.bbc.co.uk/bitesize/articles/zckydxs> - **Exam stress – How parents can help.**



Family Lives

<https://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress> - **Exam stress**



NHS

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/> - **Help your child beat exam stress.**



Place2Be

<https://www.place2be.org.uk/our-services/services-in-schools/navigating-exam-season-free-resources/> - **Navigating exam season.**



Improving children's mental
health

Young Minds

https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/?utm_source=enewsletter&utm_medium=email&utm_campaign=may2023&utm_term=o25 - **Parents guide – Exam time.**

https://www.youngminds.org.uk/parent/blog/how-to-help-your-child-manage-exam-stress/?utm_source=email&utm_medium=may_newsletter_2022 - **How to help your child manage exam stress.**

YOUNGMINDS