



## The South Wolds Academy & Sixth Form - Supporting exam stress, a parent's guide

Exam season can be a very daunting time for some young people, whereas others seem to just take in in their stride. As parents/carers, you may also be feeling under pressure as you want your child to be able to do their best and put the required effort in. You may find that helping them get motivated and organised for revision is an uphill struggle. If you are concerned, contact your child's tutor in the first instance for support and advice.

If you're worried about your child's exams and the marks they might get, imagine how overwhelming it might be for them. Preparing for and sitting exams can be a very pressured time, and then, once the exams are finished, it's a countdown to the results which can be equally stressful.

As a parent you can really help your children through this time just by being there for them and trying to keep things in perspective whilst encouraging them to talk about their feelings and fears.

You can also help by ensuring your child:

- Eats well and has good sleep habits
- Exercises to boost energy levels, clear the mind and relieve stress
- Plans a revision schedule that includes 'down time'. Students receive a lot of support with this through life skills lessons, assemblies and tutor times



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Most young people feel much better when exams are over, but that's not the case for all young people. Get help if your child's anxiety or low mood is severe, persists and interferes with their everyday life. Seeing your GP is a good place first step.

Here are the contact details of some **counselling and support services** available for **free: online, by phone, text, or e-mail.**

The **Healthy Families Team** are an excellent source of support and one recommended to parents as a first point of call for help and advice.

Text line for students is 07507 329952 - 11-19 year olds


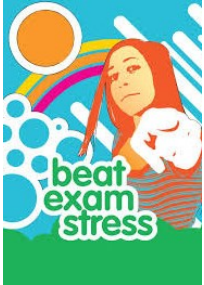
Tel: for students or parents - 0300 1233387 (option 4)

Healthy Family Teams provide parents and carers advice around child development, parenting advice and support, emotional health and wellbeing, behaviour difficulties and family health.

**Childline - available 24/7** [www.childline.org.uk](http://www.childline.org.uk) Tel: 08001111 (free)

They have a dedicated area of the website for advice regarding exam stress

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

## Apps For Your Phone



**Worried about self-harm?**

Download the free Calm Harm app  
Featured on NHS Digital Apps Library

**SAM App**  
Anxiety Management on your Mobile

**BEST APPS**

*“Everyone should have someone to talk to when everything feels like it's going wrong. Kooth is private and confidential so it feels safer to open up here.”* Kooth is an online mental wellbeing resource offering counselling and advice to young people aged 11-24 years of age. Register directly through [www.kooth.com](http://www.kooth.com)



**Free online counselling support for young people!**