

Exam Stress Resources

Places you can go for support



- riseabove.org.uk (videos and advice about dealing with exam stress)
- themix.org.uk (Free phone helpline and 1 to 1 chat. Advice pages about exam pressure)
- childline.org.uk (Videos and advice about coping with exams. Free phone helpline)
- BBC bitesize (Subject support to help with revision)
- www.samaritans.org/education/deal/coping-strategies/exam-stress (Advice on exam stress)

Where else could people go for support?

Friends, teacher, parents/carers...