



## HELPFUL ONLINE RESOURCES FOR STUDENT EXPERIENCING EXAM STRESS AT SCHOOL AND UNIVERSITY

### Resources for children:

<http://www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4qH/exam-stress>

[www.havegotaproblem.com](http://www.havegotaproblem.com)

<http://www.childline.org.uk/Pages/Home.aspx>

[http://www.youngminds.org.uk/for children young people/better mental health](http://www.youngminds.org.uk/for_children_young_people/better_mental_health)

<http://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/>

### Resources for parents:

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Examstress.aspx>

[http://www.youngminds.org.uk/training\\_services/academic\\_resilience/what\\_about\\_parents](http://www.youngminds.org.uk/training_services/academic_resilience/what_about_parents)

<http://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/>

