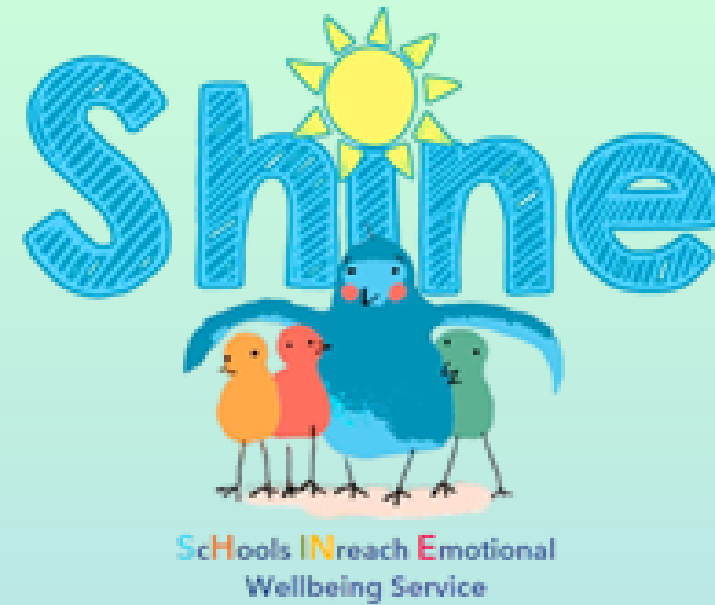


SCAN ME



CAMHS SHINE TEAM

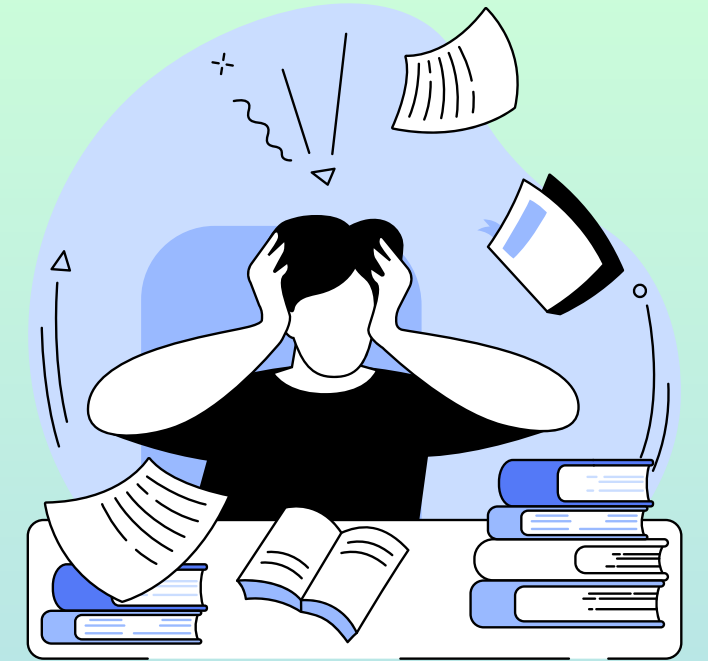
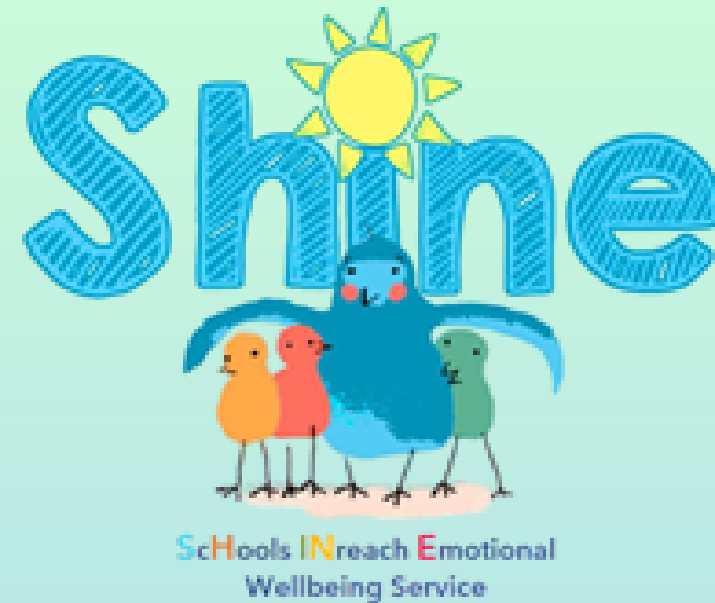
**JOIN US FOR A FREE RECORDED WEBINAR FOR PARENTS & CARERS ON
SUPPORTING YOUR CHILD WITH EXAM STRESS**

**Our short workshop sharing tips, ideas and strategies to help with
Exam Stress.**



**Where: Online recording
Available now via the QRcode above**

SCAN ME



CAMHS SHINE TEAM

YMUNWCH Â NI AM WEMINAR WEDI'I RECORDIO AM DDIM I RIENI A GOFALWYR YMLAEN CEFNOGI'CH PLENTYN GYDA STRAEN ARHOLIAD

Mae'r gweithdy byr yn rhannu awgrymiadau, syniadau a strategaethau i helpu gyda Straen Arholiadau.

Ble: Recordio ar-lein

Ar gael nawr trwy'r cod QR uchod



Useful websites/apps

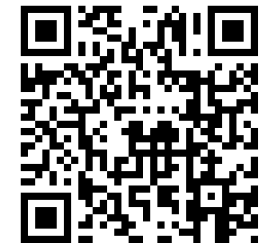
SAMARITANS



YOUNGMINDS
fighting for young people's mental health



student
minds



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



BBC
Bitesize



The
Student
Room



CHILL PANDA

Helps children to better understand their stress and shows them ways to feel better using breathing techniques, yoga, exercises, and games.



Meditation techniques and sleep stories to aid with stress and sleep.



HEADSPACE

A meditation app that acts as a personal guide to health and happiness.



WORRY TREE

The app aims to help you take control of worry, wherever you are.