



EXAM STRESS SUPPORT



■ Young Minds

Website



■ The Mix

Tel: 0808
8084 994



■ Family Lives

Tel: 0808 800
2222



■ SHOUT

Text 'SHOUT' to
85258



■ Starting Well

Website



■ Samaritans

Tel: 116 123



■ Childline

Tel: 0800 1111



■ Mind Cymru

Tel: 0300 123
3393



If you, or somebody you know is worried about exams, please reach out to any of the above organisations. We have included a mix of websites and helplines.