

# How to deal with exam stress



The start of exam season can be a time of increased stress and pressure on young people's mental health.

A range of organisations and charities offer support, guidance and resources for pupils, parents/carers and schools that may be helpful over the next few weeks.

Click their logos to visit their help pages





**Anna Freud**

Mentally Healthy Schools



**YOUNG**MiNDS



**GOV.UK**

