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Medway Therapeutic Alliance

The Medway Therapeutic Alliance have produced a Quick Guide for Young People regarding Exam Anxiety. Please see the poster for further information. Exam season is now underway, and we know that tests and exams can be a challenging part of school life for children and young people and their parents or carers.

2

Parents Guide to Exam Stress

A super helpful recorded presentation on supporting children with exam stress created by Medway Community Healthcare School Nursing Team.

[Exam Stress Support for CYP](#)

3

Staff Wellbeing Tips for Exam Time

We know exam time can be hard for teachers and school staff too. Take some time to look after your own wellbeing and speak to a friend or colleague if you need some help.

[Young Minds - Staying Mentally Healthy During Exams](#)

4

Exam Stress Lesson Plan & Powerpoint - Anna Freud

Lesson from Public Health England, students will develop helpful strategies for managing their own exam stress and learn how to be supportive of friends who may also be experiencing stress.

[Mentally Healthy Schools](#)

5

Kooth

Kooth provide digital, anonymous support 24/7 for children and young people.

[Kooth](#)

6

Mental Health and Emotional Wellbeing of Children and Young People in Medway

If you are worried about a young person's thoughts, feelings or behaviour, we encourage you to visit our Children and Young People's Mental Health page for support and services.

[Child Mental Health](#)