

Mental Health Support

We know that Year 11 is a stressful time for Students however, it shouldn't go unnoticed that it is also a stressful time for parents and carers as well, often not knowing how to support your child during this time.

Here are some useful documents and links that can support your child with their mental health but also provide ideas of what you can do at home to help.

Kooth



Young Devon



Young Minds



The Zone



Stop. Breathe.
Think



Stop. Breathe. Think



Student guide to
managing exam
stress



Supporting your
child to beat exam
stress



Kooth - <https://www.kooth.com/>

Young Devon - <https://www.youngdevon.org/>

Young Minds - <https://www.youngminds.org.uk/>

The Zone - <https://www.thezoneplymouth.co.uk/>

Stop. Breathe. Think - <https://www.stopbreathethink.org.uk/>

Student guide to managing exam stress: <https://www.place2be.org.uk/media/j4kjdblk/navigating-exam-season-guide-for-students.pdf>

Supporting your child to beat exam stress: <https://www.place2be.org.uk/media/0ttpyr0h/navigating-exam-season-guide-for-parents.pdf>