

Free Parent and student free training.. Helping you to understand how to manage exam stress.



Kooth

**Kooth is a free online service
offering emotional
and mental health support
for children and young people**

www.kooth.com

How you can support your child to manage exam stress

Join Kooth for a free 45 minute webinar and you'll hear from one of our community engagement team, alongside a clinician from Kooth.

They will offer expert tips on:

- When to take action
- Share practical ideas to help children manage their anxiety
- Discuss how Kooth can provide extra support.

The content has been written predominantly for families with secondary and higher aged children sitting GCSEs, A- Levels or Nationals and Highers in Scotland.

[Book 9th March, 6:00pm](#)

[Book 16th March, 7:00pm](#)

Mind
Dorset



TALK TO US
If things are getting to you

Talk to us any time you like. It's free and you don't need to provide a referral.

116 123 (UK)
116 123 (US)
info@samaritans.org
samaritans.org

SAMARITANS

Help for EXAM STRESS safeguarding@queenelizabeths.com