

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 - <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>