



Proud to be Me. Proud to be Us.



Kooth support young people and adults with their mental health offering support and guidance.

Please direct students in all years but specifically in KS4 & KS5 regarding how to look after themselves during the exam season.

We recognise that this is a challenging time both emotionally and physically.

There are a range of resources that they may wish to read and there is always the opportunity to talk to someone 24/7.

A shift to prevention

Offering early, preventative support can alleviate pressures downstream, meaning fewer GP appointments and fewer A&E visits from those with nowhere else to go.

Prevention is the best route to turning the tide on the mental health crisis, in terms of alleviating suffering, delivering greater productivity and building a happier, healthier society.

Kooth state they are at the forefront of a vital shift in health systems towards preventative, population-wide support.

KOOTH hyperlink to resources for support:

<https://portals.sc.aleflex.com/s/h9UfIFMU/en/home>



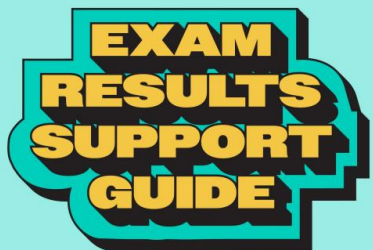
kooth
Exams can be tough.

They're supposed to test you, and sometimes that can be overwhelming. But we're here if it ever feels too much.

With free, confidential support, you can talk to a professional, read how others might be feeling the same or take a moment to write down your thoughts.



NHS
Providing NHS services



Didn't get the grades you wanted?

Whether you're feeling gutted, angry, or just confused, it's okay to feel that way. Bottling it up doesn't help, so give yourself permission to be annoyed for a bit.

Zoom out for a sec

One set of grades is a snapshot of one moment, it's not your whole future. You are more than a few letters or numbers on a page. Take a deep breath and remember: this moment does not define your worth or what you're capable of achieving.

Be your own coach

Look back at what happened honestly, but kindly. Ask yourself:

- What worked well?
- What felt difficult?
- What would I change next time?

You aren't "bad" at this subject. You just haven't mastered it yet.

For more support go to kooth.com

Feedback = A free upgrade

Talking to your teacher might feel awkward, but they genuinely want to help you. Ask them for specific feedback on where you can improve. This isn't about dwelling on the result, it's about getting the info you need to switch up how you study, prep, or manage your time.

Tweak the plan

Now that you have more info, it's time to adjust.

- Set small, do-able goals for this week
- If Plan A needs changing, that's fine
- There is always a Plan B, C, and D

A different route will still get you to where you want to go.

For more support go to kooth.com

Be kind to your brain

Getting back up takes energy. Make sure you're fueling yourself.

- Zzz** Rest: Your brain needs sleep to process stress
- ↑** Move: A short walk can help clear the "fog"
- !** Distract: Watch your comfort show or hang out with a mate

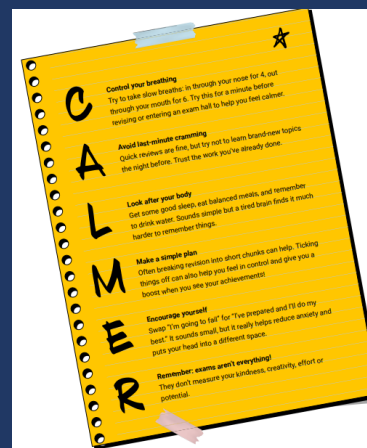
You're doing the best you can, and that is enough.

You've got this

You are not your results. You are your effort, your growth and your comeback.

This isn't the end of your story, it's just a chapter. If these results have left you with any difficult feelings, the Kooth team is here to listen and help you work out your next move.

For more support go to kooth.com



Your guide to a calmer exam season



Exam season can feel like a lot. Whether you're feeling the pressure or just need to clear on top of things, here are some ways to look after yourself.



For free and anonymous support, go to kooth.com



Exam stress getting to you?

Check out this self-care bingo card with tips for tackling any overwhelming feelings. Cross out each one you try to put yourself first this exam season.



Taking a moment



Mapping out your studies



Moving your body



Take a break



Journaling and music



Switching off



Positive affirmations



Taking care of your needs



Talking about what's on your mind

For more support, go to kooth.com

Be Ready

Be Kind

Be Safe