



## Resources for managing test-related anxiety

**This list of resources is aimed at students, parents, schools and colleges to help manage worries about exam and revision stress.**

### Advice for children and young people

[Childline](#) is a service provided by the NSPCC offering confidential advice to children and young people. See [Childline's tips for beating exam stress](#).

[YoungMinds](#) is a charity working to improve emotional well-being and mental health amongst children and young people. See [YoungMinds' advice for young people](#).

[Student Minds](#) is a mental health charity for students. See Student Minds' [resources for dealing with exam stress](#).

[Mind](#) is a charity providing mental health support for anyone experiencing a mental health problem. See [Mind's 14 ways to beat exam stress](#).

[BBC Bitesize](#) offers resources to help students with homework, revision and learning. See Bitesize's advice on [how to deal with exam stress](#).

### Advice for parents

[YoungMinds](#) is a charity working to improve emotional well-being and mental health amongst children and young people. See [YoungMinds' advice for parents](#).

[NHS](#): See the advice from the NHS: [Help your child beat exam stress](#).

[Family Lives](#) is a charity helping parents to deal with the changes that are a constant part of family life. See Family Lives' advice for [supporting your teenager through their exams](#).

[Relate](#) is a charity offering relationship support. See Relate's advice for [coping with exam stress as a family](#).

[Teenagers Translated](#) is a website offering information to help parents understand their children during their teenage years. See their advice on [managing exam stress](#).