

SUPPORTING YOUNG PERSON WITH EXAM STRESS

This workshop provides information on some of anxieties faced by GCSE and A-Level students. What exam stress looks like, what some of the maintaining factors may be, and how parents may be able to offer support to their children by

- Problem solving
- Reducing anxiety to help prepare them for their examinations.

Suitable for Year 11, 12 and 13 parents.

To attend this workshop parents are requested to register using the below link:

Parent registration link: [MHST PARENT REGISTRATION FORM](#)
[SUPPORTING YOUNG PERSON WITH EXAM STRESS-Online – Fill in form](#)

Alternatively, you can scan the QR code to register



Once you have registered, we will send you the MS teams link to join the workshop online.



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