

Online services to support parents, carers and pupils

It's that time of the year ...

Exam results are coming out and your son/daughter may be feeling a little stressed.

As a parent or carer, there are a number of ways you can support your child's mental health and wellbeing during this time.

Find out more via the following links to websites dedicated to supporting young people with their mental health and wellbeing, with lots of advice and self-help suggestions to help them feel in control.



Information for family members and carers

<https://www.healthyyoungmindslsc.co.uk/information/family-and-carers>



Information for pupils

<https://www.healthyyoungmindslsc.co.uk/information/children-and-young-people/anxiety-or-stress>