




How to Support Your Young Person Through Exam Season

Taken from [Youngminds.org.uk](https://www.youngminds.org.uk)



Things your child may be feeling during exams season

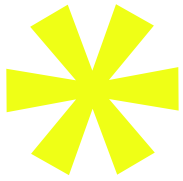
Your young person might:

- Feel anxious about failing or worried about disappointing others
- Feel stressed about the amount of work they have to do
- Struggle with concentration, memory or sleep
- Become withdrawn, irritable or upset
- Compare themselves excessively to peers or siblings
- Seem unmotivated or disinterested in their studies.



What you can do as the parent

- Simply acknowledging their feelings can make a big difference and bring them a sense of validation, rather than dismissing them or expecting them to ‘push through’ to focus on their work.
- Small gestures make a difference: asking how they’re feeling, validating how much effort they’re making, or simply sitting with them while they work



Impact on the family

Stressful exam periods can also be difficult for the wider family

- Increased tension
- Changes in mood
- Parental stress
- Changes in routine
- Uneven attention – extra focus on child doing exams
- Reduced downtime





What can help with that impact on the family

- Talk openly as a family about how everyone is feeling, including siblings who are not taking exams.
- Acknowledge the effort everyone is making, not just the person taking the exams.
- Share out responsibilities, making sure that one person is not carrying everything. Seek additional help from wider family, support systems, or services where available and appropriate.
- Young people sitting exams may need a bit more flex or less duties over this period so they can concentrate on revision – be clear about communicating this to other family members.
- Keep routines where possible to keep a sense of stability.
- Put time aside for shared meals, walks, or film nights to maintain family connection and a sense of “life beyond exams”.

Creating a Supportive Environment

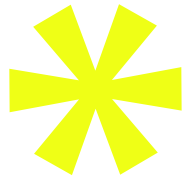
The Basics Go a Long Way!

- **Having a safe, calm space for the young person at home is helpful**
- **Food – ensuring plenty of snacks are available as well as regular nourishing, meals**
- **Sleep – Encourage regular sleep and rest (consider limiting wifi availability after a certain time)**
- **Environment – ensuring they have a quiet and comfortable study space**
- **Regular Breaks – encourage short walks, time outside and time for fun!**



Other Things to Keep In Mind

- **Focus on routine rather than pressure**
- **Step back from constantly checking and trust they know what to revise**
- **Model calm behaviour**
- **Prepare for wobbles. When motivation dips, be prepared with snacks or a relaxed chat or break rather than a lecture.**




Recognising and responding to a mental health crisis

While exam stress is common, for some young people it can escalate into more serious poor mental health.

Possible warning signs include:

- Talking or writing about feeling hopeless, trapped, or like a burden
- Self-harming or seeking means to do so
- Major changes in mood, appetite, or sleep
- Withdrawing completely from friends, family, or usual activities
- Intense irritability, anger or restlessness
- Expressions of wanting to disappear or not wanting to live.





Resources for young people struggling with their mental health

24/7 & Late Night Helplines

For young people



YoungMinds

Are you a young person in crisis?

Text the YoungMinds Crisis Messenger for free 24/7 support if you are experiencing a mental health crisis.

text YM to 85258

YOUNGMINDS

Samaritans

Whatever you're going through, you can call anytime from any phone for FREE.

Call 116 123



The Mix

Do you need help now?

Crisis messenger text service provides free, 24/7 crisis support

text THEMIX to 85258



Papyrus

PAPYRUS

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and advice.

Call 0800 068 4141

9am - midnight every day of the year

CALM



A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

Call 0800 58 58 58

5pm - midnight every day of the year

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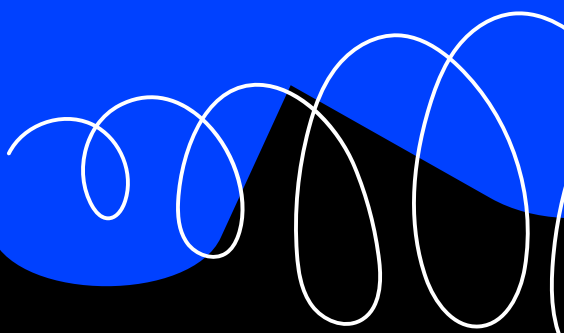

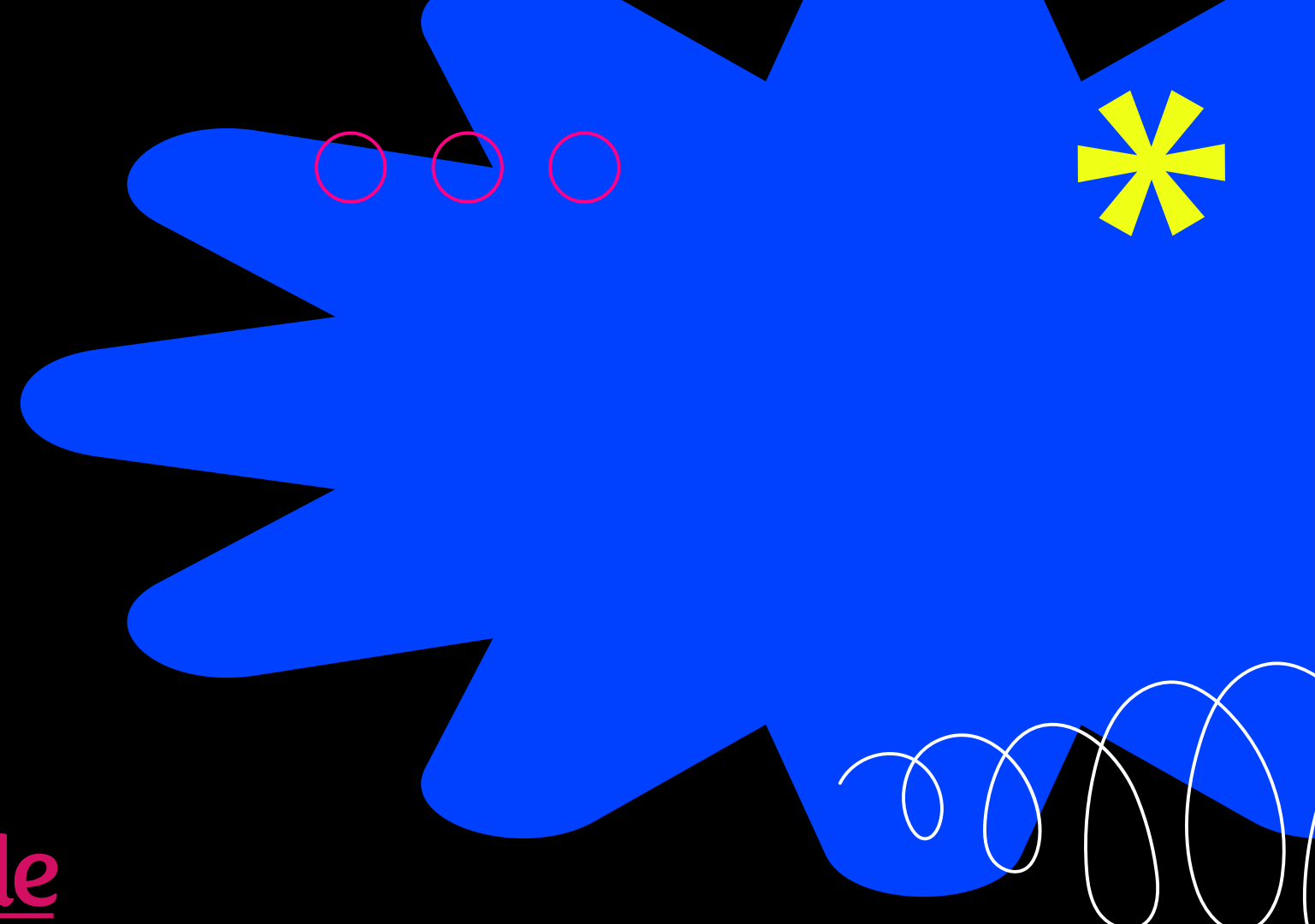



**You can always ring 111, Option 2 if you're worried about the mental health of your young person.*



Support for Parents

- Get in touch with your child's tutor or the pastoral team here at WBS if you have a question or are worried about exams and their impact on the young person
- YoungMinds Parent Helpline:
0808 802 5544
9.30am-4pm on Mon, Thur and Fri;
9.30am-6pm on Tues & Weds



For further
information and
support, please visit
[Exam Time & Exam
Stress | Parents Guide
To Support |
YoungMinds](#)