

# STRESS AWARENESS MONTH

# APRIL 2024

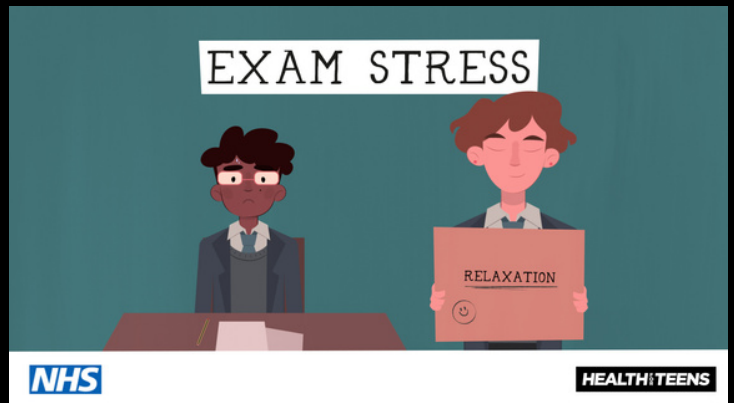
April marks the start of Stress Awareness Month 2024, and at Healthy Together we wanted to share with you some resources that can support you if you are experiencing any form of stress and worry.

## SUPPORTING YOU THROUGH YOUR EXAMS

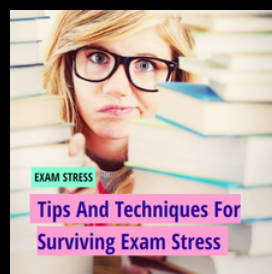
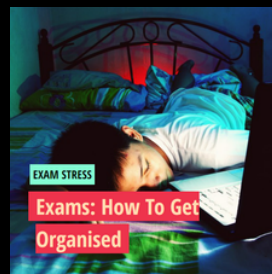
The exam period can be one of the most stressful and worrying times for those in secondary school.

To support you during this time, we have produced a number of resources that you can access before and during your exams to help you handle any stress that you might be experiencing.

Click on the images to take a closer look



[Our animation offering support, information and advice for those taking exams](#)



## LISTEN TO OUR 'SUPPORT THROUGH YOUR EXAMS' PODCAST

If you're a fan of podcasts and have exams coming up, be sure to have a listen to our very own school nurse, Leanne Upton, offering lots of advice, tips and guidance to support you during this time.

This podcast forms part of a wider series entitled 'Making People Better' from the Vita Health Group



**[CLICK HERE TO LISTEN TO THE PODCAST](#)**

## NEED SUPPORT? WANT TO DISCUSS A WORRY OR CONCERN?

Text your Public Health Nurse (School Nurse) on:

**07520 615 386**

You can also text to book an appointment to see a School Nurse too



## ADDITIONAL RESOURCES

There are many more resources available online to support you if you are feeling stressed or worried, including:

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111



**YOUNG MINDS**  
fighting for young people's mental health



## HEALTH FOR TEENS RESOURCES TO SUPPORT MANAGING STRESS AND WORRIES

Click on any of the images below to discover more advice, tips and support if you are experiencing any form of stress or worry

