

# MHST: SUPPORTING YOUR CHILD WITH EXAM STRESS

Join the Dorset Mental Health Support Team for Schools a session designed for parents of young people preparing for exams who may be struggling with stress.

It will help parents understand what stress is and when it is helpful and unhelpful, recognise the signs of it in their children and understand how it affects the teenage brain.

They will also learn practical tips and techniques to support their children manage exam stress and receive information about additional resources and services that can help

Watch the recording now:

<https://bit.ly/4bACMMa>



enquires to: [dhc.mhsteam.northandeastdorset@nhs.net](mailto:dhc.mhsteam.northandeastdorset@nhs.net)  
To leave feedback: <https://gthr.co.uk/24f9>