

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 you can use to support students experiencing any form of stress and worry.

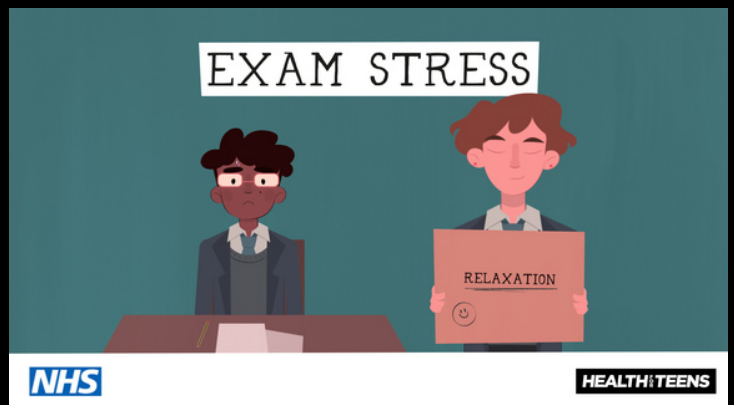
SUPPORTING STUDENTS THROUGH EXAMS

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

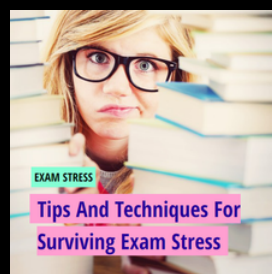
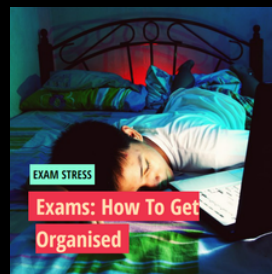
To assist you in supporting students during this time, we have produced a number of resources that students can access before and during your exams.

Please feel free to share the animation with students during tutor times or in assemblies

Click on the images to take a closer look



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



SHARE OUR 'SUPPORT THROUGH YOUR EXAMS' PODCAST

One of our Healthy Together school nursing team took part in a podcast series, with this episode offering lots of advice, tips and guidance to support students during this time.

Feel free to have a listen yourself, share with students or listen together in tutor time.



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

NOTICE STUDENTS NEEDING SUPPORT?

The school nursing team are on hand to help, so please signpost students to our secure text messaging service.

Students can text a Public Health Nurse (School Nurse) on:

07520 615 386



ADDITIONAL RESOURCES

There are many more resources available online to support young people if they 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



HEALTHY TOGETHER ASSEMBLY TO SHARE IN SCHOOL

The Healthy Together school nursing team has created an exam stress assembly that can be used in school to support students ahead of their exams.

Click on the image to download your copy



HEALTH FOR TEENS

Our digital platform for young people, Health for Teens, offers a wide variety of advice and support that you can share with students at any time, whether in one-to-one sessions, tutor times or assemblies.

Take a closer look to view our tips, quizzes, animations, videos and more:



www.healthforteens.co.uk