



Support and Help IN Education
Fylde Coast Mental Health Support Team

Parent Carer Support for GCSEs

While many young people enjoy the challenge of taking their GCSEs, there are others who will feel incredibly daunted by them, and it's important this isn't dismissed.

If you're worried about how your child is coping with exams in school, here is our advice and information on where you can get help. If young people are nurtured in an environment that promotes positive well-being, not only are they more likely to meet or exceed their potential during GCSE examinations, but they will leave school and embark on further education or employment much more confidently.

Exams are a stressful time for any young person.

Mood swings and outbursts are more likely to occur during this period. Look out for other signs that your child may be struggling, including poor sleep patterns or a change in appetite or behaviour.

It's worth preparing ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the result that they, or you, are hoping for.

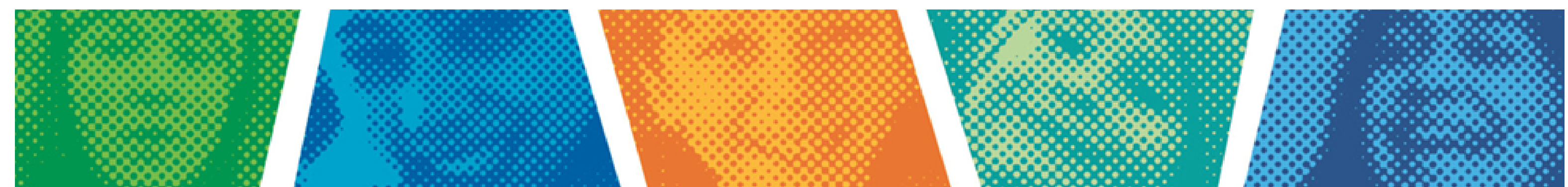


TOP TIPS

- Talk to the school. Is your child showing the same symptoms at school as they are at home?
- Is there anything else going on at home which may be contributing to your child's overall level of stress?
- Work with the school so everyone concerned can be offering the support that's needed.
- Spend time with your child to understand what concerns them most about GCSEs.
- Is it the fear of failing? Is it the worry of getting stuck on a paper?
- If your child can pinpoint what's bothering them most, you can take specific steps to help them.
- Make sure you haven't projected any of your own anxieties about GCSEs on to your child.
- If you don't believe in your child's ability to take exams then neither will they.



TOP TIPS



Things that can help Manage Exam Worries



Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.



Work with your child to find what revision style works for them.



Make sure they are eating and drinking at regular intervals.



Encourage them to take some time after revising to wind down.



Remain positive and hopeful!



Set aside one to one time so that they can talk to you about any worries.



Let them know their feelings are valid and normal, but also offer support and solutions where possible.

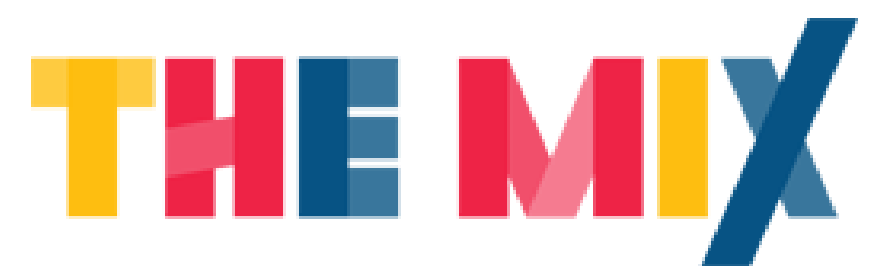


Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.

Reassure them - reinforce that you are and will be proud of them no matter what happens.

Useful helplines and websites

While we take care to ensure that the organisations we signpost to provide high quality information and advice, we cannot take responsibility for any specific pieces of advice they may offer. We encourage parents and carers to always explore the website of a linked service or organisation to understand who they are and what support they offer before engaging with them.



National Careers Service

Provides information, advice and guidance to help young people make decisions about learning, training and work.

Webchat available via the website homepage.

Opening times:
8am - 10pm, 7 days a week
0800 100 900

Student Space

Provides mental health support to students.

Find what support is available at your university here.

Webchat service available.
Opening times:
4pm - 11pm, 7 days a week
students@themix.org.uk
0808 189 5260
STUDENT to 85258 (24/7)

The Mix

Offers online information as well as helpline support to under-25s about anything that's troubling them.

Email support is available via their online contact form.

Free 1-2-1 webchat service and telephone helpline available.

Opening times:
4pm - 11pm, seven days a week
0808 808 4994

Get in touch

Your school's Senior Mental Health Lead will have details of your Trainee EMHP and Mental Health Practitioner.

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

📞 0800 121 7762 (Option 4)
✉️ bfwh.shine-MHST@nhs.net

Did you know you can follow us on social media ?

🐦 📷 @shine_mhst



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