

HOW TO STAY ON TOP OF EXAMS AND REVISION

Think realistically and be realistic with your time - an over ambitious revision timetable is going to stress you out and leave you feeling like a failure.

Although it might feel daunting, getting started is always better than doing nothing.

Reward yourself regularly and don't forget to take breaks!

Take one step at a time and avoid thinking about the worst case scenario - don't let your thoughts snowball!!

Revise and do the best that you can do - that is all that you can do.

Check out the web for lots of useful resources - we recommend Young Minds, The Mix and the Student Room as places to look for tips and help.

TALK TO US

OFF THE RECORD

South West London and St George's
Mental Health NHS Trust



IF YOU'RE STRUGGLING AND NEED SOME HELP

Sign up to our free online workshops to get tips and ideas to cope with exam stress: www.talkofftherecordonline.org

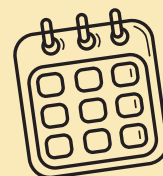
Wed 18th April, 5.30pm & Thu 17th May, 7pm



Come along to our weekly drop in and talk to someone in person:

Tuesdays from 3.30-5.30pm at Off the Record Sutton, 172 Croydon Road, Beddington, CR0 4PG. There's no need to book an appointment. If you want to talk to someone first, call 020 8680 8899

There will also be a **weekly drop in service at your school**, where you can **go and talk to a school nursing professional**. Ask a member of teaching staff for more information.



IF IT ALL GETS TOO MUCH

If any pressures are getting too much and you feel unsafe, talk to an adult who you know and trust or contact your GP for an emergency appointment.

You can call **Samaritans** on **116 123** or **Childline** on **0800 1111**

If you need support between 5pm-9am weekdays, you can call 0800 028 8000 to speak to someone at the local NHS Trust Crisis Line. This is also open 24 hours on weekends and bank holidays.

Professionals or other adults can also make a referral to CAMHS (Child & Adolescent Mental Health Services), to access regular ongoing support or counselling.