

Who can I talk to if I'm worried about exams:
 Pastoral Mentor

My safe environments & what makes me feel calm:
 Listening to music & going for a walk

What is going to keep me motivated:
 Taking regular breaks

Idea's for my revision plan:
 'Adapt'—GCSE/A Level revision app for your phone
 'Gcsepod.com'—also covers A Levels

Urgent & Non Urgent Support: Urgent—999 Non urgent: Contact your GP or call NHS 111 Central Access Point —Urgent NHS mental health support 0808 800 3302 24/7 free helpline for people of all ages	Samaritans: samaritans.org 116 123 (24 Hours) Childline: childline.org.uk 0800 1111 (24 Hours) Live chat also available
Self Referrals services for under 18's: myselfreferral-llr.nhs.uk/ My Self Referral—Mental Health support for young people under the age of 18. If under 13, parental consent is required.	Self Referrals services for over 16's: Vitamins— www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/leicestershire-rutland/ Talking therapies for people over 16:
Promoting Positive Mental Health Young Minds: youngminds.org.uk 24 hour crisis messenger service—Text YM to 85258 24/7 crisis support for Mental Health	Promoting Positive Mental Health Stem 4: stem4.org.uk Kooth: kooth.com Health for Teens: healthforteens.co.uk
Leicester Sexual Health services: leicestersexualhealth.nhs.uk Sexual health service information including clinic finder	Substance Misuse: Turning Point: turning-point.co.uk iamsobor.com
Self Harm: harmless.org.uk/ www.calmharm.co.uk Worries around Eating: firststepsed.co.uk	Exam Stress: Studentminds.org.uk/examstress Mind.org.uk —search 'exams' Apps to have a look at: 'Headspace' 'Happify' 'Colorfy'
Online safety information saferinternet.org.uk/guide-and-resource/young-people/resources-for-11-19s Urgent: 999	Support for gender diverse children & young people: Mermaids: mermaidsuk.org.uk 85258—(24/7 crisis support text service) 0808 801 0400



Exam Safety Plan



www.teenhealth.org.uk

