## Suggested tweets for Kooth and Qwell

Assets can be downloaded from here:

https://cloud.brandmaster.com/shared/assets/afc18a4badc054a99c49

Worried about exams? Find support or chat to a mental health professional on <a href="http://go.kooth.com/CRdA">http://go.kooth.com/CRdA</a> [insert asset] @GM\_HSC @kooth\_plc

Stressed about exams? Find support or chat to a mental health professional on <a href="http://go.kooth.com/CRdA">http://go.kooth.com/CRdA</a>. [insert asset] @GM\_HSC @kooth\_plc

75% of student's feel stressed about exams. If you or a young person you know needs support, go to <a href="http://go.kooth.com/CRdA">http://go.kooth.com/CRdA</a> to explore self-help tools or chat to a mental health professional [insert asset] @GM\_HSC @kooth\_plc

Struggling to cope with exam pressure? Online support is available for all students aged 10+ across Greater Manchester. Go to Kooth.com (10-25) and Qwell.io (26+) @GM\_HSC @kooth\_plc

Worried about exams? Explore self-help tools or chat to a mental health professional today [insert asset] @GM\_HSC @kooth\_plc

82% of teachers say tests and exams have the biggest impact on pupils' mental health. Find out more about the support available to students across Manchester on <a href="http://go.kooth.com/CRdA">http://go.kooth.com/CRdA</a> [insert asset] @GM HSC @kooth plc

## Suggested tweets for Young Minds' resources

Pressure to do well in exams can be overwhelming and affect your mental health. @YoungMindsUK have great advice if it's all getting a bit too much tinyurl.com/w82h9dfn @GM\_HSC

It's normal to feel a bit worried about exams. You're not alone and there are things you can do. @YoungMindsUK has great advice if you're feeling anxious tinyurl.com/yckm7krh @GM\_HSC

It's normal to feel a bit worried about exams, especially if you're under pressure from school or family. You're not alone and there are things you can do. @YoungMindsUK has great advice if exam stress is affecting your sleeping habits <a href="mailto:tinyurl.com/56cjm283">tinyurl.com/56cjm283</a> @GM\_HSC

It's normal to feel a bit worried about exams, especially if you're under pressure from school or family. You're not alone and there are things you can do. @YoungMindsUK has great advice if exam stress is affecting your eating habits <a href="mailto:tinyurl.com/mps787ws">tinyurl.com/mps787ws</a> @GM\_HSC

Kooth also have:

Kooth's Guide to Coping with Exam Stress

A set of posters signposting to the service and focusing on exam stress

## **NHS** website

Help your child cope with exam stress. Tests and exams can be a challenging part of school life for children and young people and their parents or carers. The NHS website offers great tips for ways to ease the stress <a href="mailto:tinyurl.com/2p932y98">tinyurl.com/2p932y98</a> @GM\_HSC