

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 <http://go.kooth.com/CRdA>
[insert asset] @GM_HSC @kooth_plc

Stressed about exams? Find support or chat to a mental health professional on <http://go.kooth.com/CRdA>.
[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 <http://go.kooth.com/CRdA> 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](http://kooth.com) (10-25) and [Qwell.io](http://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 <http://go.kooth.com/CRdA> [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 tinyurl.com/56cjm283 @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 tinyurl.com/mps787ws @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 tinyurl.com/2p932y98 @GM_HSC