

Supporting Children & Young People with ME/CFS

Coping with Exam Stress

ME/CFS Patient Information

Exams can be a difficult time for a lot of people and stress around this can have an impact on other areas. This leaflet provides some useful links to help you deal with any stress you may be feeling about your exams.

For children:

- <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>
- [Exams and assessments | Mind, the mental health charity - help for mental health problems](#)
- <http://www.bbc.co.uk/guides/zsvcqh>

For parents:

- [Help your child beat exam stress - NHS.UK](#)
- <https://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/>
- <http://www.bbc.co.uk/guides/zckydxs>

Learning Resources

There are a number of revision and learning resources that you can find online to help you study and you can also talk to your school or teachers about what they would suggest you use.

The BBC Bitesize website is a useful resource for all ages:

<https://www.bbc.com/education>



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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656/ 826319.