

# Help and advice

During or after the exams, if you feel that you can't cope with the pressure or are feeling stressed, find someone to talk to. Don't bottle it up! Try to talk to your teachers, friends, or ChildLine.

## Whatever your worry, it's better out than in

ChildLine is the UK's free, confidential helpline for children and young people. We're here for advice and support, by phone and online, 24 hours a day. Whenever and wherever you need us, we'll be there.

- Phone: 0800 1111 (24 hours)
- Website: [www.childline.org.uk](http://www.childline.org.uk)

## Parents and carers can help too

Ask your parents or carers to give you encouragement and support, and not to put pressure on you. Arrange with them when you can have your own quiet time and space in the house to study without being disturbed. Don't forget to talk to them if you are worried – don't bottle things up inside.

## Exams are important – but they are not the only key to a successful future.

ChildLine is a service provided by the NSPCC. NSPCC registered charity numbers 216401 and SC037717. Stores code NS/266. DJ5672/09.

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