

## **Webinars to support young people's mental wellbeing.**

Pennine Care's Mental Health have produced a webinar on the important topic of supporting children and young people with exam stress. This webinar will include some practical support tips for revision and suggestions for self-care to manage stress during exam season. We will be running a morning session and an afternoon session, and it is open to parents, carers and school staff.



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|-------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>Practical tips to support young people through exams</b> | <b>Wednesday 23<sup>rd</sup><br/>April<br/>9.30 – 11am</b> | <b><u>Join the meeting now</u><br/>Meeting ID: 397 017 472 945<br/>Passcode: NsghCH</b> |
| <b>Practical tips to support young people through exams</b> | <b>Wednesday 23<sup>rd</sup><br/>April<br/>3.30 – 5pm</b>  | <b><u>Join the meeting now</u><br/>Meeting ID: 366 233 016 851<br/>Passcode: M8aejS</b> |

To access the webinar just click on the meeting links above. When joining you will be required to give your name, email address and the education setting your child attends in Oldham.