

Asking for help with exam stress

Fill in the top half before you talk. If speaking feels too hard, you can hand it over. Use the bottom half afterwards. Skip anything you do not want to share.

BEFORE: what I want to say

Who I will ask, and when

1. What is happening

For example: exam stress has been getting on top of me for two weeks.

2. What it is affecting

For example: sleep, starting revision, one subject.

3. What would help (tick any)

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|--|---|
| ☐ Help deciding what to focus on first | ☐ A short check-in before or after exams |
| ☐ Information on deadlines, resits, or extensions | ☐ An introduction to a counsellor or support service |
| ☐ Somewhere quieter to work | ☐ Something else: _____ |

You can ask first: "Before I explain, can I ask what you would need to share, and who with?"

Fold or cut here if you want to hand over the top half

AFTER: what we agreed

What we agreed

By when, and who else is involved

If nothing has happened by _____, I will ask:

If you feel unable to keep yourself safe, do not wait for a meeting. Contact your local emergency service or an urgent mental-health service now.