

# Coping with exam anxiety

Support and advice for young people

Childline by ISPCC are delighted to bring young people and their parent/ carer a FREE webinar which aims to support them to deal with exam anxiety.

The webinar will cover:

- What is Anxiety?
- Learn Anxiety Management Tips & Tools
- Find out more about Childline Digital Mental Health & Wellbeing Programmes

This webinar will be led by Bree O' Neill, National Childline Digital Coordinator, ISPCC.

**Date:** *Wed, April 29*

**Time:** *7:00 PM – 7:30 PM*

**Venue:** *Online event*

**FREE**

**Register Now!**

**ISPCC**