


Exam Stress Support for Young People



We know that exams can be stressful. We want you to know that there are services available for young people to access in Powys. Don't be afraid to reach out for support.

CAMHS (IN-REACH)

CHAT HEALTH

CHILDLINE

KOOTH COUNSELLING

MEIC

MIND

SILVERCLOUD

YOUNG MINDS

YOUTH INTERVENTION
SERVICE

YOUTH SERVICE



For any other Emotional Health and Wellbeing Services, please click [here](#) or scan the QR code.

