



Press Release

Immediate Release

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### **Cygnet Health Care launches guide to help young people manage exam stress**

As GCSE and A-Level students across the country prepare for exam season, Cygnet Health Care has launched a new guide offering practical advice and reassurance for young people, parents and carers on managing exam stress and protecting mental wellbeing.

The guide, *Supporting Young People through Exam Stress*, has been developed by Cygnet to help families recognise when exam pressure may be becoming overwhelming and what support strategies can help.

Cygnet Health Care runs two in-hospital schools for children and young people receiving CAMHS treatment at Cygnet Hospital Sheffield and Cygnet Hospital Bury, supporting young people with their education alongside specialist mental health care.

The guide explains how stress affects the brain and body during exam periods, why young people may experience symptoms such as anxiety, sleep disruption or difficulty concentrating, and outlines practical ways families can help reduce pressure and support resilience.

It also highlights warning signs that a young person may need additional support, including persistent anxiety, panic attacks, withdrawal from friends and family, or avoiding school and revision altogether.

Among the advice included in the guide are:

- Creating realistic and flexible revision plans
- Prioritising sleep and healthy routines
- Taking regular breaks during revision
- Staying socially connected
- Managing unhelpful thoughts and expectations
- Using calming and grounding techniques

The resource also encourages parents and carers to focus conversations on effort and wellbeing rather than grades, and reassures young people that exam results do not define their value or future.

Rachel Rix, Head of Education at Cygnet Health Care, said: "Exam season can be an incredibly challenging time for many young people. While some stress is completely normal, prolonged pressure can have a real impact on emotional wellbeing, confidence and mental health.

"We wanted to create a guide that helps young people and families better understand what exam stress can look like, while also providing practical, realistic strategies that can genuinely help.

"At Cygnet, through our in-hospital schools and CAMHS services, we see first-hand how important early support, reassurance and open conversations can be in helping young people feel more able to cope during periods of pressure.

"One of the most important messages we want young people to hear is that their worth is not defined by exam results. Supporting wellbeing is just as important as supporting academic achievement."

The guide also encourages families to seek professional support if a young person's anxiety or low mood becomes persistent or begins to interfere with daily life.

The full guide is available on the Cygnet Health Care website:

<https://www.cygnetgroup.com/service-users-carers/useful-information-helpful-resources/>