

## Exams coming up? Feeling overwhelmed?

**Our online workshop 'Successful Study' can guide you through exam stress, understanding the study trap and ways to manage.**

The programme is written for anyone who is undertaking study whether it be GCSEs, A Levels or Further Education, however the content will benefit any student regardless of age and level of study.

**How:** Online webinar for Norfolk and Suffolk  
**When:** running fourth Monday of every month  
**At:** 5-6pm  
**For:** Year 11 and above  
**For more information:**  
<https://www.wellbeingnands.co.uk/courses>



*Wellbeing Norfolk and Waveney and Wellbeing Suffolk are partnerships of NHS and voluntary organisations working together to offer a wide range of support for low mood, anxiety and depression.*

• Norfolk and Suffolk NHS Foundation Trust • VoiceAbility • Suffolk Young People's Health Project (4YP) • Relate • Shaw Trust  
• Suffolk Family Carers • MTCIC • Great Yarmouth and Waveney Mind • Norwich and Central Norfolk Mind • West Norfolk Mind

*We work together to deliver a range of support interventions for people of all ages with low mood, anxiety and depression. For more information about who we are see: [www.wellbeingnands.co.uk/about](http://www.wellbeingnands.co.uk/about)*

*Wellbeing is commissioned by Great Yarmouth and Waveney, North Norfolk, Norwich, South Norfolk, West Norfolk, Ipswich and East and West Suffolk Clinical Commissioning Groups.*