

# Top Tips for Results Day

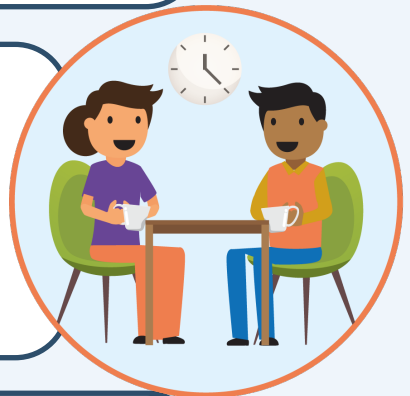


## Talk to people around you

Try not to bottle your emotions up. If you are feeling upset or worried about your results, seek out a trusted person that you can speak to about how you are feeling, or contact one of the services overleaf for support.

## Celebrate your success and the success of those around you

Try not to compare yourself to those around you, and do not feel pressure to share your results, but be proud of what you have achieved and celebrate the hard work and effort you and your peers have put into the exams.

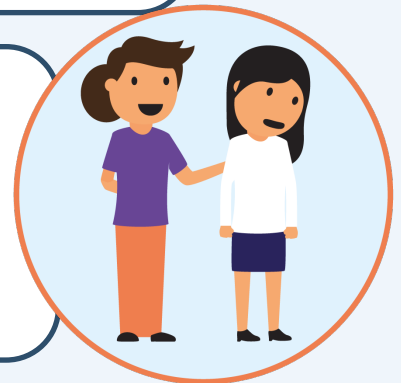


## Find out your options

If you do not have the results you were hoping for, this is not the end of the road and it might even be the start of a new, exciting journey. Speak to members of staff to find out about the options that are open to you with the results you do have.

## Be kind to yourself

Take a deep breath and remember that exam results are not the only measure of success and do not define you. Take your time to work out your next step. Education is important, but not at the cost of your mental health.



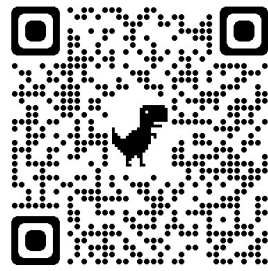
## Accessing Support



**Childline:** get support over the phone, online or from other young people on their message boards.

Website - [www.childline.org.uk](http://www.childline.org.uk)

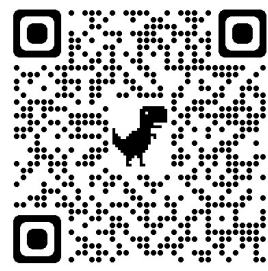
Phone number - 0800 1111



**Young Minds:** find advice and information on their website or use their Textline for support.

Website- [www.youngminds.org.uk](http://www.youngminds.org.uk)

Textline - Text YM to 85258



**Samaritans:** a 24 hour phone line ready to offer support, whatever you are going through.

Website- [www.samaritans.org](http://www.samaritans.org)

Phone number - 116 123

**Rise Crisis Team:** for those under 17 who are experiencing a mental health crisis.

Phone number - 08081 966798