

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

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