

Exam Anxiety & Stress Drop in Sessions

- The school counselling service is offering sessions in your lunch break or at the end of the day.
- You can talk to someone in confidence about your anxieties around exams and how to manage the stress you may be feeling.
- These 40 minute one to one sessions will take place in the Manor House, where we have a counselling room.
- We will be offering these from now until the exams start.
- Please contact us directly if you would like to arrange a session and we will get back to you.



counselling@preston-manor.com

The Counselling team at Preston Manor