

Mental Health Support Team

We know exam results is a stressful time every year for young people; this year with the uncertainty around how grades are being calculated and what happens next make it even more worrying.

We wanted to offer some support and suggest where to go if things feel too much.

24/7

CAMHS Oxfordshire support line: 01865 904 998

Web-based resources:

<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

Text **SHOUT** to 85258 for 24/7 crisis text support.

Local Support

You can make a self-referral for MHST service via:

<https://secureforms.oxfordhealth.nhs.uk/mhst/>

You can also request support for 16-25 years olds via the Mental Wealth Academy:

<https://www.response.org.uk/children-young-people/mental-wealth-academy-request-for-service/>