

Helping students find the sweet spot between productive and unproductive stress...

ReachOut.com is an internet service for young people that provides information, support and resources about mental health issues and enable them to develop resilience, increase coping skills, and facilitate help-seeking behaviour.



Study stress teaching resources

We've got teaching resources and tips on everything from encouraging students to adopt a growth mindset to suggesting effective study habits.



5 ways parents can help teenagers study for exams

We get that exams can feel just as stressful for parents as for students. Share these practical tips to help support your teenagers.

Friendship and exam stress

The stressful and competitive nature of exams can take a toll on student relationships. Here's an article about how to keep friendships positive, even when it's stress city.

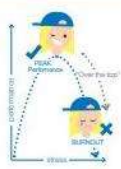


5 STEPS TO STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



3 SAY IT OUT LOUD



Order classroom posters

You can order our popular, free posters to print and share with your students and staff. Display them in student spaces and common areas.

13 Reasons Why: Season 3 info and support

Netflix's 13 Reasons Why is back for another season. We've put together content you can share with students who choose to watch the series and may need some support.

