

# Feeling overwhelmed?

Let's talk  
about it.

If you're feeling overwhelmed by your studies, make sure to seek support when you need it.

- \* To discuss issues and queries related to a specific subject or piece of work, speak to your teacher.
- \* For guidance on wellbeing issues, your school or college will have a member of staff whose role it is to provide you with support. If you're not sure who it is, just ask.
- \* For more help and advice about your mental health, visit [Young Minds](#).

