

University Launches Free Mental Health Guide to Support Students, Parents and Teachers ahead of Exam Results Day

The Free Mental Health Guide “Steady Minds: A Results Day Companion” launched by New Anglia University, aims to protect student wellbeing during exam results season, one of the most emotionally charged times of the year.

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STEADY MINDS

A RESULTS DAY COMPANION

- how to help
- top tips



UK prepare to receive their GCSE and A-Level results, a new free mental health resource has been launched to help them manage the emotional impact of results day.

The Free Mental Health Guide “Steady Minds: A Results Day Companion” launched by [New Anglia University](#), aims to protect student wellbeing during exam results season, one of the most emotionally charged times of the year.

“*Steady Minds: A Results Day Companion*” is co-authored by Dr. Brandi Niemeier, Vice Dean and Professor of Behavioural Sciences at New Anglia University, and Dr. Amitav Narula, NHS Consultant Psychiatrist. The Steady Minds: A Results Day Companion tool is available free of charge and offers vital strategies to support young people's wellbeing.

“Results day isn’t just an academic milestone; it can be a mental health flashpoint,” says Dr. Niemeier. *“This guide is about reminding students that their worth isn’t tied to a grade and giving them tools to manage the pressure. It also provides tips for parents and teachers on how to support students through exam results season.”*

The free guide includes:

- Practical self-care strategies for students (grounding, journaling, managing social media use)
- Advice for parents and carers on how to support their child emotionally
- Tips for schools on embedding wellbeing into results season
- Signposting to mental health services across the UK and US

With rising levels of stress and anxiety among students, the guide encourages a shift in focus from purely academic success to emotional resilience and long-term mental health.

The free tool is available to download now at <https://newanglia.com/wp-content/uploads/2025/08/New-Anglia-University-A-Level-Results-Day-Guide.pdf>

For more information or to apply, visit www.newanglia.com or email admissions@newanglia.com



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