

**KING'S**  
*College*  
**LONDON**



**Come and be  
part of an exciting  
new study called the  
'BESST trial' which tests  
a new programme  
to help manage  
Stress.**

**Help us decide how  
well this new stress  
programme works.**

**Come along to our assembly  
presentation to learn more.**

**You can contact us at:  
[besst@kcl.ac.uk](mailto:besst@kcl.ac.uk)**

# **Would you like to take part in an exciting new study called the “BESST trial” to test a new programme to help manage Stress?**

**We are working in partnership with your school/college to improve how 16-18 year olds handle stress.**

**This study gives you the opportunity to:**

- Be part of an important exciting trial that could help you improve how you handle your own stress
- Influence what other 16-18 year olds in the UK are offered to cope with stress
- Earn a total of £55 in vouchers to take part in the trial

**In order to test the programme, we need:**

- Half the schools involved in the BESST trial to receive the innovative new programme and half the schools to receive a different approach.
- If this national trial shows the new programme is effective, then other 16-18 year olds in schools and colleges right across the UK would receive the programme.

**If you are interested, please come along to our presentation at your school assembly.**

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