

SUPPORT FOR STUDENTS ON RESULTS DAY

Exam results day can be a stressful time for many and may leave some people feeling uncertain about the future. Whatever happens, there's information and support available to help you work out your next steps. On results day, if you need help or advice, you should contact your school or college first, particularly teachers or career advisors.

The National Careers Service offer an exam results helpline to provide information on appeals, complaints or the next steps, once students have received their results. Simply call **0800 100 900** (8am to 8pm Monday to Friday; 10am to 5pm Saturday and bank holidays) or use the webchat service on their website.

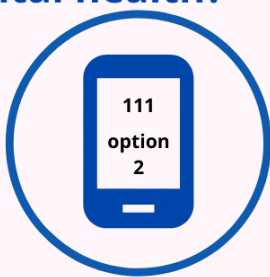


Save the Student provide advice on the next steps to take for students who are unhappy with their A-level results.

Support young people who are experiencing a mental health crisis, simply text YM to **85258** or visit their exam stress support page. They also provide a parents' helpline on **0808 802 5544**.



Having difficulties with your
mental health?



Call 111
Option 2