

**Is COVID-19 affecting your students' careers plans?**

**Are they looking for professional careers advice and guidance?**

**We understand it's a difficult time for many people, including young people whose education has been affected as a result of COVID-19. The National Careers Service can help.**

The National Careers Service has adapted the service to protect everyone, providing free and impartial careers information, advice and guidance. This includes supporting young people and their parents to help make informed careers decisions.

We understand that your students may be worried about their future and unsure about their careers options.

Our professional careers advisers provide tailored support, individualised for every customer - from helping them understand their own skills and strengths through to taking their next steps.

**We can help in supporting your students:**

- Recognise and understand their skills
- Improve job application and interview techniques
- Develop and enhance their CV
- Understand the local and national labour markets
- Explore local volunteering opportunities
- Access additional sources of help and advice.

To make a free telephone appointment with one of our impartial careers advisers please call **0800 100 900**.

Lines are open 7 days a week between 8am - 10pm.

**For further information visit [nationalcareers.service.gov.uk](https://nationalcareers.service.gov.uk)**

 **0800 100 900**

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