

Information and advice for every step of the application process



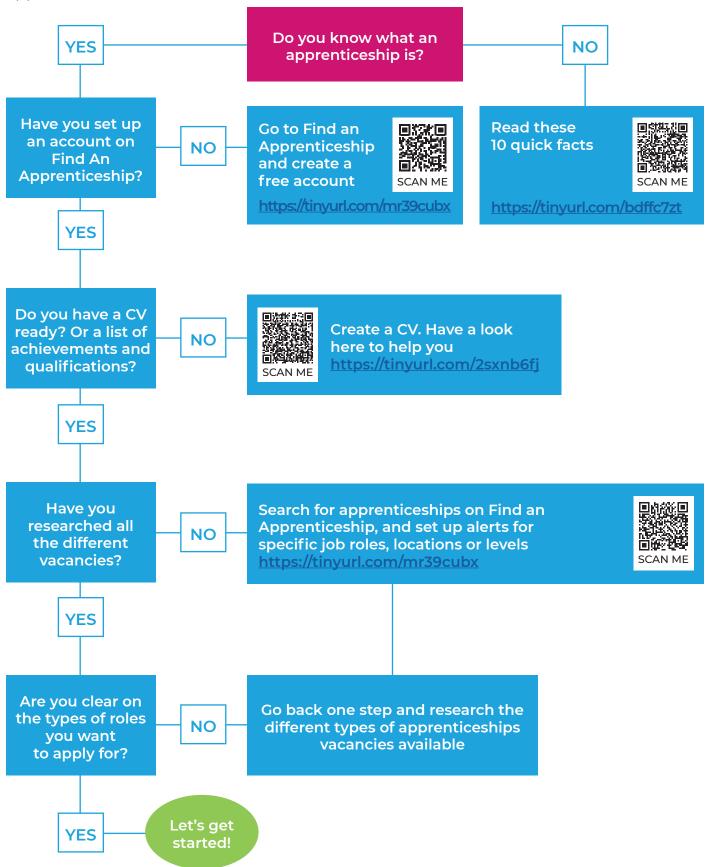


# CONTENTS

		Page
•	Reaching the point of application	3
•	How do I find an apprenticeship?	4
•	Getting organised	5-8
•	Knowing your skills and strengths	9-10
•	How to research the company before you start your application	1
•	What to expect from the stages of apprenticeship application - The job advert - The application form - CVs and covering letters - Shortlisting and assessment	12-18 12 13 14 15-17
•	Preparing for interviews	18-19
•	Waiting for a decision and if you are unsuccessful	20

## REACHING THE POINT OF APPLICATION

This guide is for anyone who is at the point of application for an apprenticeship. If you haven't found an apprenticeship yet, this is what you need to do to get to the point of application:



## **HOW DO I FIND AN APPRENTICESHIP?**

Apprenticeships will be advertised in different places, depending on the systems and platforms that the employer wants to use. It is beneficial to understand some of the most typical methods used, as this can also help to explain why the recruitment methods can feel a bit complex to navigate.

The most typical places that you will find apprenticeship job vacancies advertised include:

# Find an Apprenticeship

Find an
Apprenticeship is the
government website
where the majority
of apprenticeship
vacancies are
advertised. It is free
of charge to set up an
account and you can
use the system
to search and apply
for jobs.

Remember – it only shows live jobs (so it won't tell you previous vacancies, nor what's coming up)

www.gov.uk/applyapprenticeship

# Employer website

Some employers will use their own website to advertise their vacancies and will often have a dedicated page set up for their apprenticeship programmes.

Some employers
may require you to
set up an account
through their website
to manage your
application, others will
provide instructions
on how to submit the
application – such as
completing a form or
sending in a CV and
covering letter.

# Training Provider

Some employers will ask their training provider to manage the application process for them.

This could mean that when you are using Find an Apprenticeship, you find that you are redirected to the training provider when you click 'apply'.

Sometimes it will mean that the training provider will be running information sessions or workshops to speak with potential apprentices.

#### Other

There are other methods too. Some employers may use recruitment platforms, such as Not Going To Uni, UCAS Career Finder or Get My First Job.

The employer will advertise their vacancies through these platforms and use this as a way to filter through to their recruitment pool.

## TOP TIPS WHEN LOOKING FOR AN APPRENTICESHIP



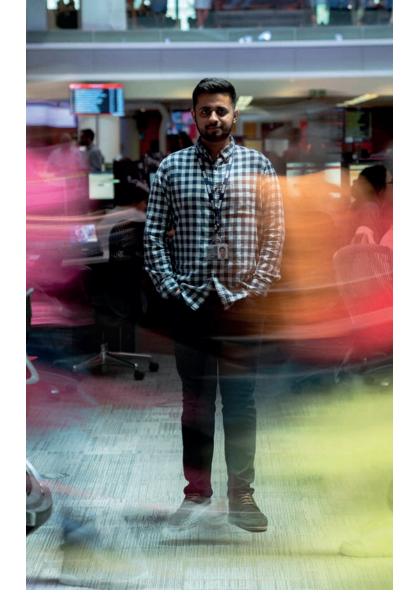
- Application processes and timelines will vary between different employers. Some employers
  could start recruiting as early as one year before they want the apprentice to start, others will
  have a shorter recruitment window.
- Vacancy adverts will all be different, so you need to read each one carefully and treat them individually.
- Deadlines will be different for each role, so make sure you take a note of key dates for each role. You could use the calendar on your phone and set alarms to remind you of different deadlines or get an app or even a paper calendar or diary specifically for application dates.
- Don't wait until the deadline. Some employers will set a closing date, but if they receive a high volume of responses, they may close their application window early.
- You can apply for more than one apprenticeship at a time, which will increase your chance of securing an apprenticeship.
- Employers will advertise at different times of the year, there is no set time to apply like for university applications.

## **GETTING ORGANISED**

Before starting with your application, it can be useful to get organised with everything you will need.

#### This could include:

- A copy of your CV. See page 14 for our guide to writing a CV.
- A copy of your UCAS personal statement if you have one.
- A professional sounding email address.
- Details of any activities that you have been involved in. See page 6 for some ideas.
- Details of any work experience or volunteering that you may have undertaken. See page 7 for some examples.
- A list of skills and strengths that you would use to describe yourself.
   See page 9 for some key words.





## UCAS PERSONAL STATEMENT

If you are in year 12 or 13, your school or college should offer to support you in writing a personal statement to go with your UCAS application. Even if you don't want to apply to university, a well-written statement (that you've had help and advice to write) could be really useful when it comes to application forms, covering letters or interviews.

## **ACTIVITIES YOU HAVE BEEN INVOLVED IN**

On application forms, in covering letters, in your CV and during the interview process, it is important to talk about your skills. Talking about hobbies and extracurricular activities is a good way to show what skills and experience you have, especially if you don't have any work experience. Here are some examples of which skills different hobbies can demonstrate.



#### **Art/Photography**

Creativity, eye for detail, passion, patience, idea development.



#### Comedy

Initiative, resilience, creativity, idea development, humour, confidence.



#### Cooking

Creativity, attention to detail, patience, self-expression, multi-tasking, fast-paced decision making.



#### **Dance**

Creativity, dedication, perseverance, motivation, resilience, discipline, confidence.



#### **Drama**

Confidence, self-awareness, presentation skills, dedication, resilience, teamwork, communication skills, creativity.



#### **Gaming**

Communication, analytical skills, resourcefulness, adaptability, technical skills, problem solving.



#### Make-up, beauty, fashion

Creativity, following trends, research; techniques, interpersonal skills, confidence, attention to detail.



#### Music

Dedication, creativity, teamwork, perseverance, memory, listening, collaboration, confidence.



#### Pet ownership

Dedication, responsibility, care, patience, time management.



#### Puzzles

Strategy, logic, determination, analytical skills, problem solving, perseverance.



#### Reading

Imagination, empathy, creativity, attentiveness.



#### **Scouts/Guides**

Initiative, teambuilding, confidence, leadership, communication, problem solving.



#### Social media

Presentation skills, audience awareness, self-awareness, interpersonal skills.



#### **Socialising**

Communication, interpersonal skills, planning, rapport building.



#### Sports/fitness

Motivation, communication, passion, dedication, teamwork, leadership, time management, competitiveness.



#### Volunteering

Motivation, passion, dedication, communication, interpersonal skills, networking, sense of community, empathy.

## **WORK EXPERIENCE OR VOLUNTEERING**

Any work experience or volunteering you have done can be a valuable source of evidence of your knowledge, skills and attributes. You may be asked to describe work experience at different stages of the application process, so it is a good idea to prepare a list of anything you have done and for each thing, include:

- What, where and when the work/work experience was.
- What you did and what your responsibilities were.
- Which skills you developed.
- Anything you accomplished.
- Any praise you were given.





What, where, when?	What were your tasks and responsibilities?	Which skills did you develop?	Did you achieve or accomplish anything?	Were you praised for anything?
One week of work experience in a local primary school. October 2020.	<ul> <li>Helping children with their reading and writing.</li> <li>Supporting sports activities.</li> </ul>	<ul> <li>Communicating with young children and adults.</li> <li>Planning and preparing a classroom activity, thinking about the equipment needed and the learning outcomes.</li> </ul>	• At the end of the week, some of the children I was working with performed in an assembly.	<ul> <li>I was praised for my timekeeping and enthusiasm.</li> <li>The teacher I was helping said that I was brilliant at communicating with the children.</li> </ul>
Four days of work experience in local hotel. May 2022.	• I spent one day with each of the different hotel departments, learning about the tasks and functions including kitchen, housekeeping, reception and restaurant.	<ul> <li>In the kitchen I learnt about stock keeping, prepping vegetables and menu planning.</li> <li>In housekeeping I learnt about making beds.</li> <li>In reception I learnt about customer service.</li> <li>In the restaurant I learnt about setting tables, silver service and allergies.</li> </ul>	<ul> <li>At the end of the week I was asked to prepare a presentation to the duty manager where I set out an idea based on tasks I'd been involved with.</li> <li>My idea was to reduce plastic waste by switching from small toiletry bottles to re-fillable wall dispensers.</li> </ul>	<ul> <li>The duty manager said I was a really good addition to the team.</li> <li>On reception they said that I had good customer service skills and was very polite to the customers.</li> </ul>

## TOP TIPS FOR GETTING ORGANISED



- If you have left school/college, you could get in touch with a teacher or tutor who knew you well and ask them what they would say about you to a potential employer, you'll probably be surprised and pleased by what they say.
- Create a LinkedIn account and connect with people you know, for example, former colleagues, people you worked with on work experience, but also family and family friends. Start to share some things that are linked to the roles you are applying for, e.g. if you are applying for a role in a green industry, you could share some recent relevant articles about the environment.
- If your social media account is public, make sure it is mature and professional. You could tailor your social media to the role you wish to apply for, making sure you share interesting articles etc.
- Try and do some online courses relevant to the roles you're applying for, that you could include in your application form, on your CV or mention in any interviews. There are lots of free courses online, for example on the Open University website www.open.edu/openlearn/free-courses/full-catalogue.
- Do some research about significant people in the field you want to work in and look for books, magazines, journals or articles you could read to become more informed about the sector.



# **KNOWING YOUR SKILLS AND STRENGTHS**

#### Skills and strengths

When writing your application, it can be useful to have a list of words that you feel comfortable in using to describe yourself. The following list can be a good starting point. Try highlighting or ticking any of the words that you feel apply to yourself.

Accurate	Desire to succeed	Impressive	Perseverant
Adaptable	Determined	Inclusive	Polite
Ambitious	Diplomatic	Independent	Positive
Analytical	Drive	Initiative	Practical
Approachable	Dynamic	Innovative	Pro active
Articulate	Educated	Inquisitive	Punctual
Assertive	Effective	Insightful	Rapport-building
Astute	Efficient	Intelligent	Rational
Calm	Energetic	Interpersonal skills	Reflective
Capable	Enjoy a challenge	Intuitive	Reliable
Committed	Enthusiastic	Inventive	Resilient
Compassionate	Fast learner	Keen	Resourceful
Competent	Fast worker	Knowledgeable	Respectful
Computer literate	Flexible	Leadership skills	Responsible
Confident	Focused	Loyal	Supportive
Consistent	Friendly	Mature	Tactful
Cooperative	Good communicator	Methodical	Team player
Cope under pressure	Hardworking	Objective	Tenacious
Creative	Helpful	Open-minded	Thorough
Curious	Highly motivated	Organised	Trustworthy
Dedicated	Honest	Patient	Versatile
Dependable	Imaginative	Perceptive	Willing

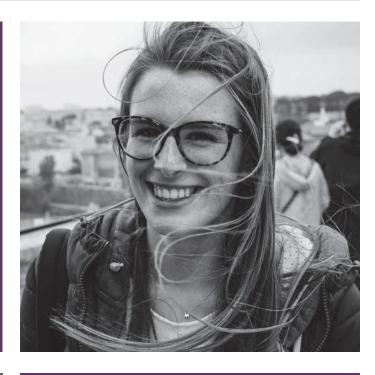
### AN EXAMPLE OF THIS IS WHEN...

You will have built up lots of examples of employability skills whilst at school or college, such as organising, meeting deadlines, working under pressure and working as part of team.

It's important that for any of the skills and strengths you are stating within your application, you have an example of a story or time that backs this up. By providing this context, it will demonstrate to the employer that you understand how that skill or strength could link to their organisation, and also provide a memorable example to them, which can help you to stand out against other candidates.

For example, if you are stating that you have 'very good communication skills' then it's useful to think about the example that you would give to explain why you feel you have this skill.

'I feel that I have very good communication skills. I play in a local football team and it is important that we communicate to ensure that everyone can work together to win the game. I have been praised by the team captain for the way that I communicate effectively with other players, saying that I am calm, motivational and fair'





'I feel that I am good at carrying out research. Many of my homework tasks require a combination of using online sources and also conducting research in the library from a variety of printed sources. My teachers have said that I am good at thinking about different sources of information and using my time effectively so that I can conduct research and still meet the deadline for that piece of work.'

# HOW TO RESEARCH THE COMPANY BEFORE YOU START YOUR APPLICATION

There are different ways that you can research a company before you start your application, building up a picture of the products and services that they offer, but also in developing a sense of the way they work and their values. This will sometimes be referred to as the 'vision and mission'.

### DEMONSTRATING THAT YOU ARE GOING THE EXTRA MILE

As you are researching, it can be helpful to make a note of anything useful that you discover so that you can potentially use it within your application. Plus, it will demonstrate to the employer that you have put in extra effort to find out about their company – which is always impressive to the person reading your application and will definitely help you to stand out from others.

Visit their website and social media channels and see if you can find out 10 key facts about the company. For example:

- 1. Which are the main products and services that they offer?
- 2. How many sites do they operate across?
- 3. What is their company mission and value statement?
- 4. Who is their Chief Executive? (sometimes called CEO)
- 5. Have they been in the news recently?
- 6. Have they won any awards or accolades?
- 7. When were they established?
- 8. Have they written any recent reports or published any research?
- 9. How many staff do they have?
- 10. Who founded the company and why?



## **GETTING CONNECTED**

Most employers will be on social media, although they may not be on all channels. Most company websites will also provide links through to their social media accounts such as Twitter, Facebook, LinkedIn and Instagram.

You can follow these accounts to help you to keep up to date with their latest news. Take notice of anything exciting or interesting they put on their social media that you could mention in an interview.

# TOP TIPS WHEN RESEARCHING AN EMPLOYER



- As well as having their main social media channels, some employers will also have additional accounts linked to their careers and recruitment. Make sure you check this out when you're researching employers and follow all relevant accounts to help you with your job search.
- Ask your network of friends and family if they or someone they know has worked for the employer and could give you a personal insight.
- Have a look on LinkedIn at people who work at the company; what do they share about the company?
- What events and activities do they do at work?

# WHAT TO EXPECT FROM THE STAGES OF APPRENTICESHIP APPLICATION

### 1. THE JOB ADVERT

All employers will have different adverts in different styles. It is important you read each advert carefully and look out for the following things:

The below example is based on a vacancy on www.gov.uk/apply-apprenticeship

#### The job title

Don't be put off by job titles that you might not understand. Have a read of the description to find out more.

#### The salary

All apprentices must be paid at least the National Minimum Wage for Apprentices, but many employers pay more than this.

#### The level

The apprenticeship level should be included, this could say Intermediate / Advanced / Higher / Degree or could use a number from level 2 – 7. Find out more about the levels

www.amazingapprenticeships. com/app/uploads/2021/09/ Apprenticeship-levelsexplained.pdf

#### The employer

The employer may provide information about themselves, or signpost to their website.

This is useful as you can use this information when researching the employer in more detail to prepare for the recruitment process.

(see page 11)



#### The closing date

Make a note of the deadline for applications. However, please remember that if they receive a high volume of responses, they could close their application early.

#### The role

The job advert should list out the typical tasks and responsibilities that the apprentice would be expected to perform.

It can be useful to identify key words and phrases at this point, as you may wish to reflect these within your application.

#### **Entry requirements**

Depending on the level of the role, the employer may include entry requirements such as qualifications in English and maths.

The employer may also set out certain skills and attributes that they wish the applicant to hold. As above, it can be useful to identify key words and phrases at this point, as you may wish to reflect these within your application.

## TOP TIPS WHEN LOOKING AT JOB ADVERTS



- Print off or save the job advert so that you can refer to it whilst completing your application form.
- Make a note of any key words or phrases that you think could be important to repeat back to the employer within your application.
- Start your research about the organisation early (see page 11)

### 2. THE APPLICATION FORM

You will probably be asked to complete an application form, either online, as a document to complete using a computer e.g. word dococument or sometimes by hand.

#### **Application form**

Application forms generally ask for the same sort of information and sometimes they will include some competency-based questions or questions about what has attracted you to the job.

#### An application form is likely to include:

- Personal / contact details
- Education history
- Work history / work experience
- Skills that are relevant to the job
- References
- Sometimes diversity monitoring questions



## TOP TIPS WHEN COMPLETING AN APPLICATION FORM



- If you have already prepared a personal statement for university applications, you could potentially use some of this content to help when writing your application.
- Ensure that you provide an answer for all questions within the application form and do not leave any boxes blank. If you do not feel the question is relevant you can write Not Applicable or N/A.
- Always ask someone else to check your work for accuracy a parent/carer, a teacher/careers adviser, an older sibling or friend.
- If an online application requires you to write anything in a text box, write it on a document first and copy and paste it in. This means you can run spell check on it and also save it for use in the future, including at a later stage in the application process. Plus, if your internet or computer crashes, you won't lose it!
- Some companies will refer to a competency framework. This is a set of standards or beliefs
  that the company will expect you to adhere to and it can be quite typical in public sector
  organisations. You can find out more about competency frameworks online.





## 3. CVS AND COVERING LETTERS

CV comes from the Latin 'curriculum vitae', which means 'course of life'. It is a short document that summarises your education, skills and experience and should relate to the role you want to apply for. You may be asked to upload your CV either in addition to, or instead of, an application form, which is a great chance to make a good first impression to your potential future employer. If you don't already have a CV, have a look at our Rapid Read on writing a CV and write one.

https://tinyurl.com/2sxnb6fi



SCAN ME

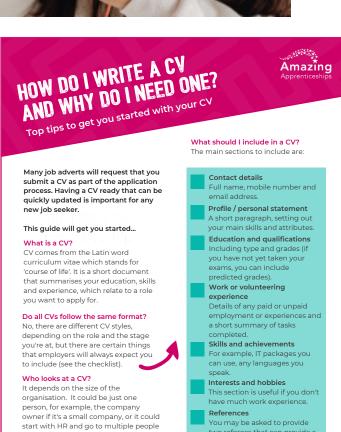
SCAN ME

#### **Covering letter**

You should always include a covering letter when you send your CV and/or an application form to an employer. It is a brief, formal letter that introduces you, the applicant, and encourages the employer to consider you for the job. If you are unsure about how to write a good covering letter, have a look at our Rapid Read on how to do so.

https://tinyurl.com/2rvt





two referees that can provide a

personal or professional

Discover more about apprenticeships:

www.amazingapprenticeships.com

in a larger company. Many employers now remove personal information that

could be used to unfairly advantage or

disadvantage you.

## 4. SHORTLISTING AND ASSESSMENT

There are many different methods of shortlisting and assessment methods that employers will use, ranging from the traditional interview to a multiple stage application. Each employer will vary and timescales for the whole process will also vary.

Employers might use some or all of the below, so it's important to understand what is involved.



#### Online assessment/test

You may be required to take some tests or assessments to ensure that your skills are at the level expected for the apprenticeship. The employer will use these tests to check that you won't struggle with the workload and to test your aptitude for the tasks involved with the role.

There are a range of different tests you could take, all designed to show different parts of your personality or skills. Common tests include psychometric, verbal and numerical reasoning and situation judgement.





Watch this short film to learn more about the different ways that employers may assess your skills. www.vimeo.com/237872390

#### **Telephone Interview**

You may be asked to do a telephone interview and this will often take place before you're invited for an in-person or video interview. A telephone interview gives the employer the opportunity to start to get to know you. They may ask some eligibility questions and initial interview questions to check that you're suitable for the role.

#### Things to remember:

- Don't ignore unknown numbers when you are applying for apprenticeships, in case it is an employer calling.
- Be polite when you answer (an employer may call unexpectedly). For example, "Hello, Anna speaking".
- Use appropriate language.
- If you have a voicemail greeting, make sure it is professional.
- If you get a voicemail from an employer, listen carefully and take notes you can use when you
  call them back.
- If there are any distractions (e.g. you are at school or college when you receive a call from an employer, try to take yourself somewhere quiet or politely ask if you can rebook the call.)



#### **Video interview**

You may also be invited to join a video interview. This could be a live interview, where you speak to one or more interviewers or it could be a pre-recorded video interview, with a list of questions on screen that you respond to, often with a time limit.

Things to remember about a video interview:

Find out if it is a live interview or a pre-recorded interview.		Let the interviewer know if you're having any technical issues, they will understand. They may be able to help, call back or rearrange the cal	] II.			
Find out before the day of the interview which platform it will be on and read any instructions you are given.		Do the interview somewhere quiet and where you won't be interrupted.				
Test the software you'll be using.		Make sure anyone around knows you're doing an interview and not to interrupt.	J			
If you need to put a username, the best thing to do is just use your name (with a capital letter e.g. Tabitha).		Try to make sure the background is as plain as possible or at least tidy.				
Decide which device you will use for the interview and make sure it is in a stable position.		Check where you are is well-lit, or sit next to a window or lamp.	]			
Test your device, camera and the software before the interview and make sure the video and sound quality is good.		Dress smartly, as you would for an in-person interview, and check your appearance before you sit down.	]			
Make sure the device you are using is fully charged or plugged in.		Sit up straight, make eye contact and try to sit still.				
Get everything ready about 30 minutes before the interview.		Have notes ready to help you if you need them.  Make sure they are easy to read at a glance so you can use them for quick reference.	]			
Shut down all other programs and apps, so you don't get anynoisy alerts during the interview.						



#### **Assessment Centre (group day)**

An assessment centre is when an employer will bring together a group of candidates, at a central location, to see how they interact with each other. At an assessment centre, your goal is to show your enthusiasm and interest in the company, and to demonstrate the range of skills and attributes that the employer is looking for. Often in assessment centres, you will undertake a series of activities, both in groups and independently, to see how you work in different scenarios. This is typically one of the last stages in an application process, but there can also sometimes be multiple assessment centres for one job.



#### Group task(s)

The purpose of group tasks as part of the recruitment process will be for the employer to see how you interact with others. Employers will often say that they are less interested in 'the right answer' and what they're really looking at is your interpersonal skills. For example:

- Have you listened to the instructions?
- Are you demonstrating leadership skills by putting yourself forward for a role in the group? For example, if the task is timed, do you put yourself forward to be a timekeeper?
- If there is a group discussion, are you contributing ideas and showing that you are interested, whilst also allowing others to contribute (and possibly even encouraging the quieter members of the group to be involved)?
- Do you use appropriate language?
- Is your body language positive are you nodding, smiling and making eye contact?



#### Interview with employer

Your final interview may be on its own, or it could be part of the assessment centre. In your final interview, it is likely you'll be interviewed by your potential line manager or someone who you'll be working closely with in your apprenticeship. Check out the next section for more details on the interview process.

## PREPARING FOR INTERVIEWS

Interviews are a common part of any apprenticeship recruitment process. It's a good idea to think about how you can prepare in advance so that you feel ready to respond to any of the questions that you may be asked.

Employers will usually ask you questions about a variety of different topics, below are some examples of questions you may be asked.

## **ABOUT YOURSELF:**

Tell us more about you.

What are your strengths and weaknesses?

How would you describe yourself?

What skills have you gained from any previous work experience?

What skills can you bring to the role?

Do you have a long-term career goal?

What appeals to you about an apprenticeship?



How did you find out about our vacancy?

What do you already know about our company?

What research have you done to prepare for this interview?

Why do you want to work here?



## **ABOUT THE JOB:**

Is there anything in the job description you're not sure about?
Which aspect of the job do you think will be most enjoyable / challenging for you?



## **QUESTIONS TO ASK:**

It is also a good idea to prepare questions to ask

the employer as it shows you are keen and interested.

Here are some examples of questions you could ask:

- What would you say are the three best things about working here?
- What really impresses you when new apprentices join your company?
- I saw on your social media you celebrated
   International Women's Day, is that something
   I could get involved in next year?





### WHEN YOU ARE GIVEN THE INTERVIEW DATE:

- If you haven't already, ensure you have informed the employer if you have a disability and need any accessibility adjustments. This will enable the employer to put any appropriate support in place and to give you the best opportunity to showcase your talents.
- Check the route you will take to the interview and get there in plenty of time (make sure you plan for traffic).
- If you are required to comfirm your attendance, respond in a timely manner.
- If you will need time away from school or college, let your tutor know and discuss any arrangements to catch up on work.

# THE NIGHT BEFORE THE INTERVIEW:

- Make sure the smart and professional clothes you have chosen to wear are clean and ready.
- Read through your skills and examples list.
- Read through all your notes on the company and have a look at their most recent social media posts.
- Read through your application form, CV and anything else you have written that the employer has read.
- Make sure you have anything ready that the employer has asked for, like ID or certificates.

# JUST BEFORE THE INTERVIEW:

- Put your phone and other devices on silent or turn them off, including a smart watch if you have one, as you don't want it vibrating on your wrist and distracting you.
- Remember that some nerves are normal but try and think of it as a conversation about a topic you know really well – yourself.
- Be confident, smile when you greet the employer and show that you are pleased to be there.



## **DURING THE INTERVIEW:**

- Listen carefully to what you are asked and think before you answer.
- Ask the interviewer to repeat themselves if you need to.
- Be positive and confident, but try not to be arrogant.
- Tell the truth and don't exaggerate.
- Ask questions.
- Thank the employer.

## **AFTER THE INTERVIEW:**

- Make some notes on what went well and what you think you could have done differently.
- Write down any questions you can remember so you can use them to prepare for future interviews.
- Consider emailing the employer and saying how much you enjoyed meeting them.



## **WAITING FOR A DECISION**

This is the last step, you've done all you can and now you have to wait for their decision. You can ask at the end of an interview, 'When can I expect to hear from you?' so that you can set your expectations. If you're unsuccessful, always ask for feedback on where you could improve so that you can take that to future interviews. But if you get offered the job, well done – now the fun starts!

### IF YOU ARE UNSUCCESSFUL

It is really important to remember that apprenticeships are competitive and it can take a few attempts to secure the right apprenticeship for you.

#### Ask for feedback

You could request feedback from the employer, although depending on the number of applications that they have received they may or may not be able to provide you with this. It's always a good idea to ask though as this could help you see how you might be able to improve for future opportunities.

#### Review your search criteria

Are you applying for more than one apprenticeship, and have you considered the different levels of apprenticeship? Try to make sure that you're not limiting your options and think about whether your search criteria could be adapted to widen your chances of finding the best apprenticeship for you.

#### Ask for help

If you are still at school or college, you could ask your Careers Leader or form tutor to spend some time with you and look at the applications that you have been submitting. They may be able to help you to expand your search, or even help you to prepare for interview by setting up a mock-interview with you. You could also ask for help from anyone you know who has employees; ask them if they will do interview practice with you.

#### Consider a traineeship or other pre-employment programme

If you have received feedback that you need more experience, then you could consider starting a traineeship, or another local pre-employment programme

#### **Use the National Careers Service**

The National Careers Service provide careers information, advice and guidance. They can help you to make decisions on learning, training and work at all stages in your career. This service is available to people who live in England.

You can visit the National Careers Service website  $\underline{\text{https://national careers.service.gov.uk}}$ 

Telephone **0800 100 900** or participate in a Web Chat with an adviser through the website above.

#### Help and support



If you are experiencing mental health crisis and need urgent help, you can call Samaritans on 116 123. They're available to offer support 24/7 every single day of the year.



Alternatively, you can text 'SHOUT' to 85258



If you are concerned about the mental wellbeing of yourself, a friend, family member or someone you know, you can visit <a href="https://www.headstogether.org.uk/get-support/">https://www.headstogether.org.uk/get-support/</a> to find out about charity partners who are there for you.