



13.05.2024

**PRESS NOTE**

**CBSE Post – Result, Annual Psychological Counseling starts from 14<sup>th</sup> May 2024**

In light of the CBSE results announcement, CBSE is commencing its free psychological counseling services from 14<sup>th</sup> May, 2024, operating 24/7 for a week. For 26 years, CBSE has been assisting students and parents in dealing with common psychological challenges associated with exams and results through its two phases of counseling services.

**CBSE Tele-Counseling Helpline (2<sup>nd</sup> Phase)**

This year, the first phase of counseling was conducted before, during, and after exams. Now during the 2<sup>nd</sup> Phase, a comprehensive team of 65 professionals including principals, trained counselors, special educators from CBSE-affiliated government and private schools, and psychologists will provide tele-counseling round the clock for one week.

**Centralized Toll Free Access Nationwide**

Individuals can dial the **toll free number 1800-11-8004** from anywhere in India to access CBSE's tele-counseling helpline, providing centralized support, information, and useful tips to address result-related anxiety or stress. Additionally, the 'Counselling' link ([https://www.cbse.gov.in/cbsenew/prunit\\_temp/index.html](https://www.cbse.gov.in/cbsenew/prunit_temp/index.html)) on the CBSE website offers further assistance and resources to stakeholders.

**Secretary, CBSE**