

**PRESS RELEASE**

**For immediate release:** March 2020

**Free Careers Advice Available Online and Over the Phone**

The National Careers Service has announced that it is adapting the way it delivers its offering to ensure it can continue to provide an uninterrupted service to thousands of citizens across the South East.

The National Careers Service provides free, professional and impartial advice on getting a new job, changing careers, training, education and the labour market; support which is available to anyone aged 13+ and living in England. Whilst the face-to-face service is currently unavailable, individuals can now access that support using a multitude of alternative channels, including webchat, over the telephone, via video call, and through social media.

Debbie Lloyd, Assistant Director of National Careers Service South East, said; “Whether someone is needing support to find a short-term job, looking for a new career, or looking to build confidence and assess their skills, we have qualified advisers here to support them.

“At this time, there is also a great deal of opportunity to explore online learning. Our advisers are best placed to help individuals identify the right learning opportunity and have access to thousands of courses and training providers.”

Our free service can support individuals to:

* Build confidence
* Complete a skills assessment
* Review/ update their CV
* Develop online interview skills
* Identify online training opportunities
* Get new qualifications
* Plan the next steps of their career

The National Careers Service is completely free of charge, and accessible to anyone aged 13+ and living in England. To access the service, call 0800 100 900.

 **Ends**

For further information, please contact:

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**About the National Careers Service**

The National Careers Service provides access to independent, impartial and professional advice on careers, skills, and the labour market. The service is available online, and through advisers on the telephone and, ordinarily, face-to-face in the community to anyone aged 13 and above. The service encourages citizens to use the self-serve online tools available on the website, however more intensive support is available to those who may need more help in developing their career management skills and progressing in work or learning.