



Are you over 13 and want to get career advice and guidance?

## Free and impartial careers advice for anyone over 13.

The National Careers Service provides free, up to date, impartial information, advice and guidance on careers, skills and the labour market. We can help you:

- Assess and improve your skills
- Find the right course or training opportunity
- Get new qualifications
- Understand the local job market
- Identify the right career path for you
- Realise your potential

You must stay in some type of education or training until you are 18. However, there are a wide range of career options you can consider that will give you the tools you need to reach your job goals, including apprenticeships, traineeships and technical and vocational qualifications.

Speaking to a professional career adviser can help you identify your goals, your skills and the route that is most suitable to you.

To make a free telephone appointment please call **0800 100 900**.

Lines are open Monday-Friday 8:00 a.m. to 8:00 p.m. and Saturday 10:00 a.m. to 5:00 p.m.

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

### Get in touch:

 0800 100 900

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