**National Careers Service**

The National Careers Service provides personalised careers information, advice and guidance to assist young people and adults to make informed choices about learning, employment and skills.

Delivered in a flexible way that works around your lifestyle, we provide targeted careers support that helps you identify and address any barriers to getting into, and on in work.

So whether you are out of work, facing redundancy, or currently working and need help making your next move, our National Careers Service team are able to help.

The National Careers Service can help you with…

* Understanding your skills, interests and motivations
* Finding courses and training
* Accessing the latest local and national labour market information
* Job searching skills, CV writing and interview techniques

**Get in touch**

Access our online services at <https://nationalcareers.service.gov.uk/>

Call us to arrange a telephone appointment or to speak directly with an adviser on **0800 100 900**.

Our helpline is open 8am-8pm Monday-Friday and 10am-5pm Saturdays.