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PRESS RELEASE

CBSE Post-Result Annual Psychosocial Counseling Commences for Class X/XII Examinees

In continuation to the first phase of CBSE Exams psychosocial counseling for Class X and Class XII students, CBSE now begins second phase of free counseling services (post-result) for students and their parents for 15 days i.e. up to 28 May 2025. This initiative aims to further support students and parents in managing post –result stress and anxieties.

The second phase includes a team of 65 qualified professionals-51 based in India and 14 from abroad, including principals, trained counselors, special educators from CBSE-affiliated government and private schools, and psychologists from India and abroad, delivering remote, tele-counseling assistance on voluntary basis.

Students and parents can avail the counseling helpline by dialling toll free number **1800-11-8004** from anywhere across India. In addition to tele-counseling, this toll-free number offers centralized support, valuable information, and practical tips for coping with result-related stress through IVRS mode.

For additional resources and guidance, stakeholders are encouraged to visit the dedicated 'Counselling' link https://www.cbse.gov.in/cbsenew/Counselling_pr.html on the CBSE website and its YouTube Channel <https://www.youtube.com/@cbsehq1905>

Secretary, CBSE