

National Careers Service helpline for teenagers

Call the National Careers Service helpline for information and advice about jobs, careers and training if you're 13 or older in England.

- **Webchat**
- Chat with an adviser using [webchat](#). This service is open from 8am to 10pm, 7 days a week
- **Phone**
- Call 0800 100 900 to speak to an adviser. Lines are open from 8am to 10pm, 7 days a week. Calls are free from landlines and most mobile numbers. Find out about [call charges and freephone numbers](#)
- If you need advice in a different language, choose option 5 to speak to an adviser using an interpreter
- **Web form**
- Use our [web form](#) to ask your question and we'll get back to you as soon as possible
- **Callback**
- Tell us your number and we'll [call you back](#)
- **Text messages**
- Text your name and the word ADVICE to 07766 413219 and a National Careers Service adviser will call you back for free. You can also use this text number to ask for information like telephone numbers and addresses. Please note we can't open pictures sent by text.

