

A photograph of three young adults, two women and one man, standing together and looking at papers they are holding. They appear to be in a hallway or a room with a brick wall in the background. The image is partially obscured by a white banner with text.

**Got your results?**



Most students will get grades to move on to the course, training or job they had planned.

To find out more about how you were graded, what to do if you didn't get the results you wanted or think something has gone wrong with your grades, visit our website

[gov.uk/guidance/your-results-what-next](https://www.gov.uk/guidance/your-results-what-next)

Exam Results Helpline

**0800 100 900**

Ofqual Support Line

**0300 303 3344**

**ofqual**

# WHERE TO FIND MORE SUPPORT

## Results, appeals and next steps

Contact the **Exam Results Helpline** from the National Careers Service to speak to a professionally qualified careers adviser for advice on next steps.

 **0800 100 900**  [nationalcareers.service.gov.uk](https://nationalcareers.service.gov.uk)

Lines open from 8am to 10pm, 7 days a week. Calls are free from landlines and most mobiles.

Contact the **Ofqual** student support phoneline if you want to find out more about how you were graded, the autumn exams series, how to make an appeal or raise a concern about bias or discrimination.

 **0300 303 3344**  [gov.uk/ofqual](https://gov.uk/ofqual)

Lines open from 9am to 5pm weekdays, with extended hours during results weeks. See website for information. Calls charged at your standard network rate.

For **higher education** questions, such as application and admissions, you may need to contact the relevant institution directly.

**UCAS** can also provide information on university admissions:





 **0371 468 0 468**  [ucas.com](https://ucas.com)

Lines open Monday to Friday, 8:30am to 6pm, calls charged at your standard network rate.

## Mental Health Support

Make sure you speak to somebody if you are feeling anxious or struggling with your mental health. This might be a parent, carer or someone else you trust.

You can also contact:

- YoungMinds  **Text YM to 85258**  [www.youngminds.org.uk](https://www.youngminds.org.uk)
- Childline  **0800 1111**  [www.childline.org.uk](https://www.childline.org.uk)
- Your GP: call and ask for an emergency appointment
- NHS 111: they can assist in providing the mental health support you may need

## Exam Boards

AQA  **0800 197 7162**  [www.aqa.org.uk](https://www.aqa.org.uk)

OCR  **01223 553 998**  [www.ocr.org.uk](https://www.ocr.org.uk)

Pearson  **0345 618 0440**  [www.pearson.com](https://www.pearson.com)

WJEC Eduqas  **029 2105 5443**  [www.wjec.co.uk](https://www.wjec.co.uk)

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