

Results Day: Help for Young People, Hope for Your Future



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There's always a mixture of emotions when it comes to **exams results day**. Often a stressful and anxious time for many, Young People can find themselves **worried for their future and in need of support**.

This has become more apparent in recent years with Childline revealing they delivered 1,414 counselling sessions during results month to children and teenagers in 2018/19 – increasing by 51% since 2014/15.²

On top of that, Covid-19 concerns, restrictions and limitations have had a significant impact on Young People taking exams. With the Government releasing a **'Triple Lock for Students'** for results day, 'Students could receive the higher result out of their calculated grade, valid mock grade, or autumn exam grade.'³

We've pulled together some **useful resources, tips and support for Young People** below. So whether you're stressed, anxious, excited or simply wondering what's next – take a look and see what's supports available to you.

¹ <https://www.spiritfm.net/news/sussex-news/2659478/watch-it-is-a-level-results-day-for-west-sussex/>

² <https://www.nspcc.org.uk/about-us/news-opinion/2019/more-young-people-childline-exam-results/>

³ <https://www.gov.uk/government/news/triple-lock-for-students-ahead-of-a-level-and-gcse-results>

Next Steps



World Skills UK have also released some advice for those of you who have just received your results and wondering what steps to take next.

[World Skills UK – Taking the next step after your results](#)

Not Going To Uni was founded in 2008 to showcase the alternatives to the standard university route to school and college leavers.⁴ Find out more by clicking [here](#).

‘Give us a Shout’

Shout is a **free text messaging service** providing 24/7 support for anyone experiencing a mental health crisis.⁵

For support in a crisis, **Text Shout to 85258**



For more information click [here](#) to visit their website.

Take care of yourself and others

Looking after yours and others mental health is important in every day life but during results season it may be even more so. Have a look at our Top Tips for this below:

[Five Top Tips to BOOST your Mental Health](#)

[Five Top Tips to help OTHERS Mental Health](#)



Supporting a Young Person on Results Day?

If you are supporting a Young Person on results day **The Children’s Society** have come up with suggestions to help you do that best.

[Children’s Society – Helping Young People Cope with Exam Results Stress](#)

⁴ <https://www.notgoingtouni.co.uk/about>

⁵ <https://www.headstogether.org.uk/programmes/give-us-a-shout/>

Southampton Resources and Support



Employment Support and Jobs

Southampton City Council's Employment Support Team have been supporting clients and employers since 1990 and have a range of projects, resources and support for Young People who may be looking for employment or work opportunities.

This includes:

- Virtual Work Club – Thursdays 3pm-5pm
- T.E.E.M (Training, Education, Employment and Motivation)
- Self-Employment Support
- Solent Employment Support
- Client Stories
- STEP (supports young people aged 15-24 on their journey to education, training or employment)
- Adult Community Learning Free Support for Offenders and Ex-Offenders (19+)
- Learning Disability Life Skills Employment Service (16+)
- Job Search Websites and Support

Plus, plenty more support and information.

To find out more visit their webpage by clicking [here](#).

Further Support

If you feel like reaching out for help or further support including our **Online Web Chat** service where you can speak to a Youth Worker click [here](#).

You can also **call Samaritans for FREE** on 116 123 or **email jo@samaritans.org**

⁶ <http://access-southampton.co.uk/help-finding-work/>