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PRESS RELEASE

CBSE Launches Psycho-Social Counseling Support for Students from 06 January 2026

The Central Board of Secondary Education (CBSE), reaffirming its commitment to the holistic well-being of students, will commence **1st phase of its annual free Psycho-Social Counseling Services** for examinees of Classes X and XII from **06 January 2026**, continuing till **01 June 2026**.

This initiative is aimed at addressing examination-related stress and emotional well-being, enabling students to approach their forthcoming **Theory Exams, scheduled to begin from 17 February 2026**, with confidence, balance, and mental clarity.

Key Features of Student Support

1. **24×7 Toll-Free IVRS (1800-11-8004):**
   Students may dial 1800118004 and access round-the-clock support in **Hindi and English** through the Interactive Voice Response System (IVRS). The service provides practical guidance on stress-free preparation, effective time and stress management, responses to frequently asked questions, and important CBSE-related contact information to be utilized by students whenever required.
2. **Tele-Counseling Services (9:30 a.m. to 5:30 p.m., Monday to Friday):**
   Students and parents can interact with a panel of **73 trained professionals**, comprising Principals, Counselors, Special Educators from CBSE-affiliated schools, and qualified Psychologists. Of these, **61 counselors are based in India**, while **12 counselors are located in Nepal, Japan, Qatar, Oman, and the United Arab Emirates**, ensuring a wide and diverse support network on voluntary basis.
3. **Digital Resources:** A curated collection of **resources** on stress management, effective study strategies, and emotional well-being is available on the CBSE website (www.cbse.gov.in). These resources are designed to be engaging, concise, and easily accessible for students.

CBSE encourages students and parents to utilize these support services as part of the Board's ongoing efforts to support students' psycho-social well-being during the Class X/XII examination cycle.

Secretary