

10th January, 2026

Dear Parents and Students,

CBSE has commenced the 1st phase of its annual free Psycho -Social Counselling Services for examinees of classes X and XII. The services will continue till 01 June 2026.

The initiative is aimed at addressing examination related stress and emotional well being that students may face during the exams scheduled to begin from 17th February 2026.

Students may make use of any of the following supports:

1. 24x7 Toll Free IVRS (1800-11-8004): Provides round the clock support.
2. Tele- Counselling Services (09:30 a.m to 05:30 p.m, Monday to Friday)
3. Digital Resources: Available on the CBSE website www.cbse.gov.in

These services provide practical guidance on stress management, stress free preparation, effective study strategies and important CBSE related contact information to be utilised by students.

CBSE encourages students and parents to utilise 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.

Please find below the link. of the CBSE press release for the same.

[https://www.cbse.gov.in/cbsenew/documents/Press_Release_Psycho Social Counseling_06012026.pdf](https://www.cbse.gov.in/cbsenew/documents/Press_Release_Psycho_Social_Counseling_06012026.pdf)

Regards
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