



As we prepare for the Class of 2026 students receiving their GCSE results on Thursday 20th August, the links below provide some helpful advice about results and next steps:

GCSE Results Day - BBC Bitesize support for Parents and Students through the next steps <https://www.bbc.co.uk/.../gcse-results-day-bbc-bitesize...>

GCSE Results Day Guide for Parents

<https://www.savemyexams.com/.../gcse-results-day-parents.../>

Start of Year Guide - Truro & Penwith College

<https://www.truro-penwith.ac.uk/scho.../start-of-year-guide/>

GCSE Results - some of your options explained (Cornwall college)

<https://www.cornwall.ac.uk/gcse-results/>

Get help with your exam results | National Careers Service

<https://nationalcareers.service.gov.uk/exam-results>

You can also contact our independent Careers and Aspirations Coordinator for advice and guidance at: [hireland@tpacademytrust.org](mailto:hireland@tpacademytrust.org)

Miss Wilson (Careers Lead) will be in school between 8.30-11.00 on results day and can be contacted at: [rwilson@hayle.tpacademytrust.org](mailto:rwilson@hayle.tpacademytrust.org)

### **Mental Health Support around exam results:**

[Exam Results Stress: Advice for Young People | Blog | Young Minds](#)

**Text SHOUT to 85258.**

Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Opening times:

24/7

[A guide to navigating mental health and exam results](#)