

**Tender Heart High School, Sector 33-B Chandigarh**  
Notice for Class X - Launch of #iGotHelp – CISCE Student Helpline

Dated : 05/02/2026

**Dear Parents,**

This is to inform all the students appearing for the ICSE Board Examinations that the Council for the Indian School Certificate Examinations (CISCE) has launched a centralized Student Helpline – #iGotHelp to support students experiencing exam-related stress or anxiety.

This helpline provides confidential emotional support from trained counsellors associated with the CISCE-CARE (Counselling and Resilience Education) Fellowship. The students are encouraged to reach out without hesitation whenever they feel overwhelmed or anxious during the examination period.

Helpline Number: 08047-362020

The helpline is exclusively meant for examination-related stress and anxiety and aims to help the students cope better and stay emotionally healthy during this important phase.

The students are advised to make appropriate use of this support facility whenever required.

**Team**

**Tender Heart High School**



## COUNCIL FOR THE INDIAN SCHOOL CERTIFICATE EXAMINATIONS

P 35-36, Sector-VI, Pushp Vihar, Saket, New Delhi – 110017

Tel: +91-11-29564831

Email: [council@cisce.org](mailto:council@cisce.org) | [www.cisce.org](http://www.cisce.org)

CISCE/CIRUCLAR/2026-2027/03

02 February 2025

**To: Heads of CISCE Affiliated Schools**

**Subject: Launch of #iGotHelp – CISCE's Student Helpline for Board Examinations**

Dear Principal,

The Council for the Indian School Certificate Examinations (CISCE) has instituted a centralized **Student Helpline – #iGotHelp** to provide timely emotional support to students appearing for the ICSE and ISC Examinations. This initiative has been introduced to mitigate the heightened stress and anxiety experienced by students during the examination period.

The primary responsibility for safeguarding the mental health and well-being of students during examinations rests with parents, followed by the school. This additional support mechanism has been instituted to enable students to reach out to a centralized helpline whenever the need arises.

The helpline number is **08047-362020**. Students calling from outside India may dial **+91 8047-362020**. A poster containing the helpline details is enclosed herewith. All heads of schools are requested to share the information with the stakeholders.

The helpline is exclusively meant for assisting students to overcome the examination-related stress and anxiety. Students reaching out to the helpline will be supported by trained counsellors identified through the CISCE-CARE (Counselling and Resilience Education) Fellowship, drawn from CISCE-affiliated schools and equipped to provide compassionate, confidential, and professional support.

Heads of Schools are requested to ensure that the respective class teachers and school counsellors brief **all ICSE and ISC Examination candidates about the Student Helpline**. This briefing should clearly communicate the purpose of the helpline, the nature of support available, and encourage students to seek help without hesitation whenever required.

You are requested to ensure that this information is disseminated to all stakeholders to enable students to avail themselves of this support facility.

Your prompt action in this regard is solicited.

Dr. Joseph Emmanuel  
Chief Executive and Secretary

# IS YOUR MIND SAYING 'TOO MUCH'?

EXAM PRESSURE  
HITTING YOU HARD?



Call us!

YOU'RE NOT ALONE.  
WE'RE HERE TO HELP.



#iGotHelp



# 08047-362020

A calm conversation can make it lighter!

CISCE's **#iGotHelp** is an Examinations Helpline for ICSE and ISC Examination Candidates, powered by trained counsellors under the CISCE–CARE Fellowship, offering timely support to students to overcome exam stress.