

WHERE YOU CAN GET SUPPORT

Interview Clothing Support

[Smart Works North East](#) –
interview clothing & coaching

Borrow smart clothing
where possible

Ask your school/college/post
16 provider about clothing
support schemes



Travel & Transport

Before interviews or your first day:



[Plan your route early](#)

[Check bus/train times](#)

[Look for apprentice or
student travel discounts](#)

Useful websites:

[Nexus](#)



[Northern Railway](#)



[National Rail](#)



[Arriva](#)



[Go North East](#)



Wellbeing & Confidence Support

The recruitment process can feel stressful at times, but you can speak to:

TUTORS



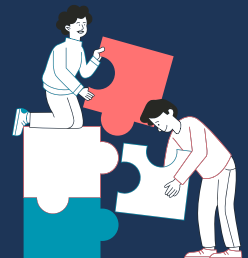
**CAREERS
ADVISORS**



**FAMILY/
SUPPORT
NETWORKS**



**YOUTH
SUPPORT
SERVICES**



Online Support can be found at [Young Minds](#) and [Mind UK](#)