



REPUBLIQUE DU CAMEROUN  
Paix-Travail-Patrie

REPUBLIC OF CAMEROON  
Peace-Work-Fatherland



**MINISTRE DES ENSEIGNEMENTS SECONDAIRES**  
**MINISTRY OF SECONDARY EDUCATION**



## **GUIDANCE COUNSELLING HELPLINE**

### **BRIEF PRESENTATION**

Following the path of distance learning, the **GUIDANCE COUNSELLING HELPLINE MINESEC** inaugurated on Monday 05<sup>th</sup> September 2022 by the Minister of Secondary Education, Pr NALOVA LYONGA, is a great innovation within the education community. The GUIDANCE COUNSELLING HELPLINE MINESEC is reachable through the phone number **242 237 000** (and very soon through a toll-free number: **1530**). Students and parents all over the national territory are free to dial this helpline in the language of their choice (French or English) for psychological, social, educational and career-related problems.

The GUIDANCE COUNSELLING HELPLINE MINESEC provides the following services:

- **Psycho-pedagogical follow-up of students;**
- **Learning techniques;**
- **Memorization techniques;**
- **Personality development (assertiveness, management of emotions, influence of perceptions, self-esteem, self-confidence, self-control, etc.);**
- **Help in choosing fields of study and professions (development of school and professional projects);**
- **Parents counselling, with reference to the follow-up of their children.**

Counsellors are there, ready, willing and available to talk to students and parents. They provide immediate solutions to the problems raised; the problems identified as needing referrals are referred to competent specialists.