



**Under 25? Head to The Mix
for free and essential support.**

**THE
MIX**



ESSENTIAL
SUPPORT FOR
UNDER 25s

DIGITAL
SOCIAL
MOBILE

THEMIX.ORG.UK

Life can throw a lot your way. It can be hard to tackle it alone.

So, whether you're 13, 25 or any age in between, The Mix is here to connect you to experts and your peers for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs.

Need help now? The Mix is a free, confidential support service offering help through phone, text, web, social and counselling. We're here for you, whenever and however you need support.

Online - 24/7

themix.org.uk (every day any time)

Helpline

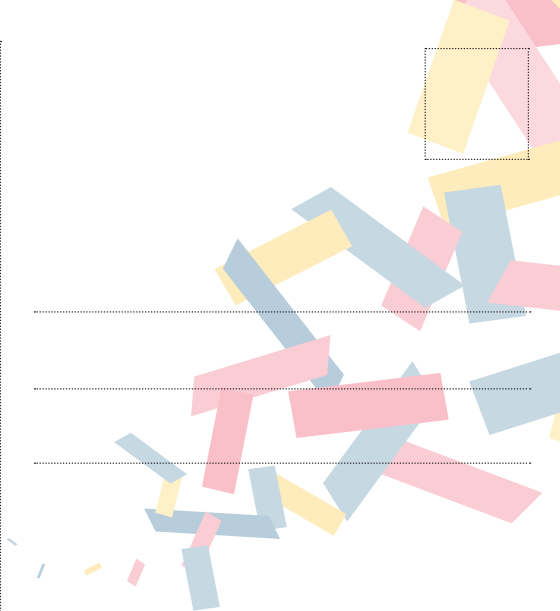
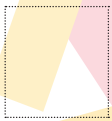
0808 808 4994 (every day 11am - 11pm)

Webchat

One to one support via themix.org.uk
(11am - 11pm, every day)

Group chats

Nightly support chats via themix.org.uk
(Sunday to Thursday, 8pm - 9.30pm)



TheMix.org.uk
Twitter: @TheMixUK
Facebook/TheMixUK

Charity registration number: 1048995