



Your skills can make a real difference to the lives of young people

Young people are facing unprecedented challenges: a rise in youth mental health problems, competition for jobs and the crisis of hidden homelessness.

The Mix needs your skills and experiences to help provide essential support to young lives.

Let's join forces to support young people in crisis – a few hours a week, in person or from the comfort of your own home, can make a big difference.

Volunteer to build your:

-  Problem solving skills
-  Leadership skills
-  Decision making
-  Communication skills
-  Creative thinking
-  Knowledge of cross-sector working

Let's join forces - find out more at:
TheMix.org.uk/volunteering
volunteering@themix.org.uk

   **TheMixUK**

THE MIX
Essential support for under 25s