

Become a Helpline Hero



Provide a lifeline via our helpline.

Everyone needs a bit of support sometimes. As a **Helpline Volunteer** for The Mix, you could be that somebody for a young person in distress, in trouble, in danger or in crisis.

What does volunteering look like?

As a **Helpline Volunteer** you'll make sure that young people don't have to face their problems alone. You'll be part of a helpline team offering emotional support to young people who often feel they have nowhere else to turn.

You will be based in our Central London office where you can sign up for one three-hour shift each week. All shifts are taken in one sitting and can be flexible around your daily schedule. No experience is needed as full training and development opportunities will be provided. Travel expenses and refreshments are also provided.

Change a life and maybe your own?

Becoming a **Helpline Volunteer** can make a real difference to the lives of vulnerable young people in the UK and it can also make a huge difference to your own life. You'll learn how to improve your communication skills, improve your listening skills, gain leadership experience and enjoy that great feeling that comes with helping others. You'll also meet some amazing people when you're volunteering and at the regular social events we run for our volunteers.

Why volunteer for The Mix?

Today's young people face an unprecedented range of challenges. They are possibly the first generation worse off, both physically and emotionally, than their parents. Their issues are intertwined so there is rarely a simple answer to their problems.

The Mix is always there for them, providing help, information and support 24/7 throughout the year. With your support we'll be there to help them face whatever life throws their way.

Get started straight away.
To find out how email volunteering@themix.org.uk



ESSENTIAL
SUPPORT FOR
UNDER 25s

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THEMIX.ORG.UK

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