



**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](http://themix.org.uk) (every day any time)

#### **Helpline**

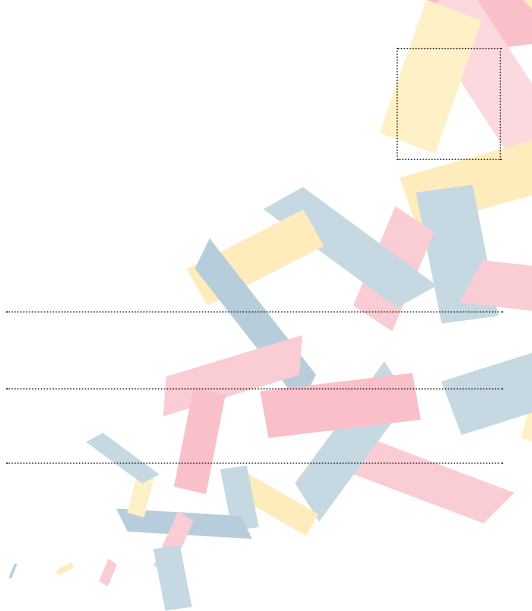
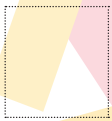
0808 808 4994 (every day 11am - 11pm)

#### **Webchat**

One to one support via [themix.org.uk](http://themix.org.uk)  
(11am - 11pm, every day)

#### **Group chats**

Nightly support chats via [themix.org.uk](http://themix.org.uk)  
(Sunday to Thursday, 8pm - 9.30pm)



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

Charity registration number: 1048995