

# THE MIX

Essential support for young people



The Mix is the UK's leading digital charity for under 25s, reaching over 6 million young people each year. Whatever issue a young person is facing, The Mix is always there for them - via our website, over the phone or on social media.

**Our support is free, confidential, and anonymous. The Mix connects young people to experts and their peers to talk about everything from money to mental health, homelessness to jobs, break-ups to drugs and more. No topic is out of bounds, and we are completely non-judgemental.**



Contact our Crisis Messenger 24 hours a day, 7 days a week by texting **THEMIX to 85258** if you feel like you can't cope and need support now.

Follow **@TheMixUK** on TikTok, Instagram, Twitter and YouTube or visit **themix.org.uk** for a wide range of information and support.



Join The Mix's moderated online community, a safe space where you can reach out anonymously and get support online from other young people going through similar experiences, at **community.themix.org.uk**.

Call our free and confidential helpline on **0808 808 4994**. You can also email us or access our one-to-one webchat via **themix.org.uk/get-support**.



Access our phone and webchat counselling service to find ways to cope in a confidential space at **themix.org.uk/get-support**.

**themix.org.uk**

**@TheMixUK**

