

THE MIX

Essential support for young people

Free, confidential
and anonymous
support.



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](tel:08008084994) if you feel like you can't cope and need support now.

Follow [@TheMixUK](https://www.tiktok.com/@themixuk) on TikTok, Instagram, Twitter and YouTube or visit [themix.org.uk](https://www.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](tel:08008084994). You can also email us or access our one-to-one webchat via [themix.org.uk/get-support](https://www.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](https://www.themix.org.uk/get-support).

[themix.org.uk](https://www.themix.org.uk)

[@TheMixUK](https://www.tiktok.com/@themixuk)

