

Support available online

Unfortunately we've had to close this centre, but The Mix are providing free, confidential help online.

We connect young people to experts, information and other young people to talk about everything from homelessness to money, from relationships to mental health or even just to chat.

We're here for you online whenever you need support.

➔ www.themix.org.uk/get-support

Our online community

community.themix.org.uk

(Open all day and any time)

Group live chat

(Sun to Thu 8pm – 9:30pm)

(Under 16s Sat 6pm – 7.30pm)

Our helpline

Signposting and support
by telephone or webchat

0808 808 4994

(Open every day 4pm–11pm)

Crisis Messenger

Text THEMIX to **85258**

(24 hours a day, every day)

Telephone and webchat counselling

By referral

(Mon–Fri, 9am – 5pm)