

## The Mix

A UK digital support service for young people. Moderated weekdays 9:30am-5:30pm.  
Reach out through phone, chat or email.

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**Website:** <https://www.themix.org.uk/>

**Helpline:** 08088 084 994

**Twitter:** <https://twitter.com/TheMixUK>

**Facebook:** <https://www.facebook.com/TheMixUK/>

**Youtube:** <https://www.youtube.com/channel/UC5GCxz2qQ4NtSAD5cUaHLjA>

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