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The Mix

Organisation details

Description of activity

The Mix is the largest support service for people under 25, providing help, information and support – 24/7 and 365 days a year. 1 in 10 young people feel that they cannot cope with day-to-day life. This increases to 1 in 5 among those not yet in education nor employment.

The Mix is the result of the recent merger of two of the UK's leading youth support charities and currently reaches 1.7 million of people under 25 in the UK. It combines YouthNet's extensive digital reach and Get Connected's telephone helpline and counselling service. The Mix offers multi-issue support with a particular focus on mental wellbeing and creates opportunities through volunteering.

The Mix is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services in the following ways:

A free and confidential helpline – 0808 808 4994. Available 365 days via phone, email or webchat with a free app for instant access to help

The Mix website – offering essential support and advice on everything from sex and relationships to mental health and well being

Discussion boards – an online community for young people where they can talk anonymously about anything on their mind

Live Chat – our online chat rooms allow young people to have a safe space to share what's on their mind

Expert Chat – we rope in experts to answer young people's questions on everything from bullying to problems at work.

Your Voices – a place for young people to share their experiences, stories and life hacks

The StepFinder app – 'local help, easily found.' A free app for young people to find and access vital local support services

The Stressheads app – 'turning your phone into a stress killing machine.' A free app to help alleviate stress, especially around exam time

Contact details

Telephone

Freephone 0808 808 4994

Website

<http://www.themix.org.uk>

Social media links

X link

<https://twitter.com/themixUK>

Facebook link

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