



**tic+chat**  
anonymous

## Need someone to talk to?

*You're not alone. We're here for you.*

tic+chat is an anonymous, 1-2-1 support service for young people aged 9-21.

Speak to our friendly team about anything that's troubling you.

**No problem is too big  
or too small.**

Drop-in service.

Open hours:  
Sunday-Thursday  
5pm-9pm

Find out more at  
[www.ticplus.org.uk](http://www.ticplus.org.uk)



**We care. We won't judge.**



call

**0300 303 8080**

chat with one of our team  
members over the phone\*

**live message**

chat online via [ticplus.org.uk](http://ticplus.org.uk)



Charity No. 1045429  
Company No. 2954230



Counselling, Support and Care for Young People and Families

\*standard provider rates apply