



**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.**

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

**No appointment is needed.**  
There are 2 ways to get in touch:



**call**

**0300 303 8080**

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

**live message**

**chat online via [ticplus.org.uk](https://www.ticplus.org.uk)**



**Open hours:  
Sunday-Thursday  
5pm-9pm**

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

**\*standard provider rates apply**



**Counselling, Support and Care for Young People and Families**

**Charity No.  
1045429  
Company No.  
2954230**