



**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)**



**\*standard provider rates apply**

Charity No. 1045429  
Company No. 2954230



Counselling, Support and Care for Young People and Families