



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**

***standard provider rates apply**



Counselling, Support and Care for Young People and Families

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