



ANONYMOUS 1-2-1 SUPPORT

**Need
someone to
talk to?**

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

Scan me



TIC+ cares - we're here to help!

No appointment needed

tic+chat is an anonymous, 1-2-1 support service for young people aged 9-25 living in Gloucestershire. Speak to our friendly team about anything that's troubling you. No problem is too big or too small.



How can I get in touch?

Call 0300 303 8080

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

OR

Live message chat online
via ticplus.org.uk

**standard provider rates apply*

OPEN HOURS:

Sunday – Thursday
5pm – 9pm

Find out more
www.ticplus.org.uk



Counselling, Support and Care for Young People and Families