

The Mix Digital Charity

The Mix is a digital charity in the United Kingdom. Their main remit is 'to take on the embarrassing problems' and subjects close to the hearts of the young people who use its service, including any things from exam stress to sex. Specifically, the charity works with anybody under the age of 25, providing them 'essential support' via a range of different channels, inclusive of a free helpline and chat service, articles and peer-to-peer community chats. Alongside this, The Mix provides opportunities for young people to have a say on what the charity supports and campaigns for, and provides volunteer and training opportunities

<https://www.themix.org.uk/mental-health>