



**tic+chat**  
anonymous

**Need  
someone to  
talk to?**

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



## 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](http://ticplus.org.uk)

*\*standard provider rates apply*

**OPEN HOURS:**  
Sunday - Thursday  
5pm - 9pm

Find out more  
[www.ticplus.org.uk](http://www.ticplus.org.uk)



Counselling, Support and CARE for Young People and Families

Registered Charity No. 1045429  
Registered Company No. 2954230