

# your way Live Chat

Available every day from 9am-9pm until further notice

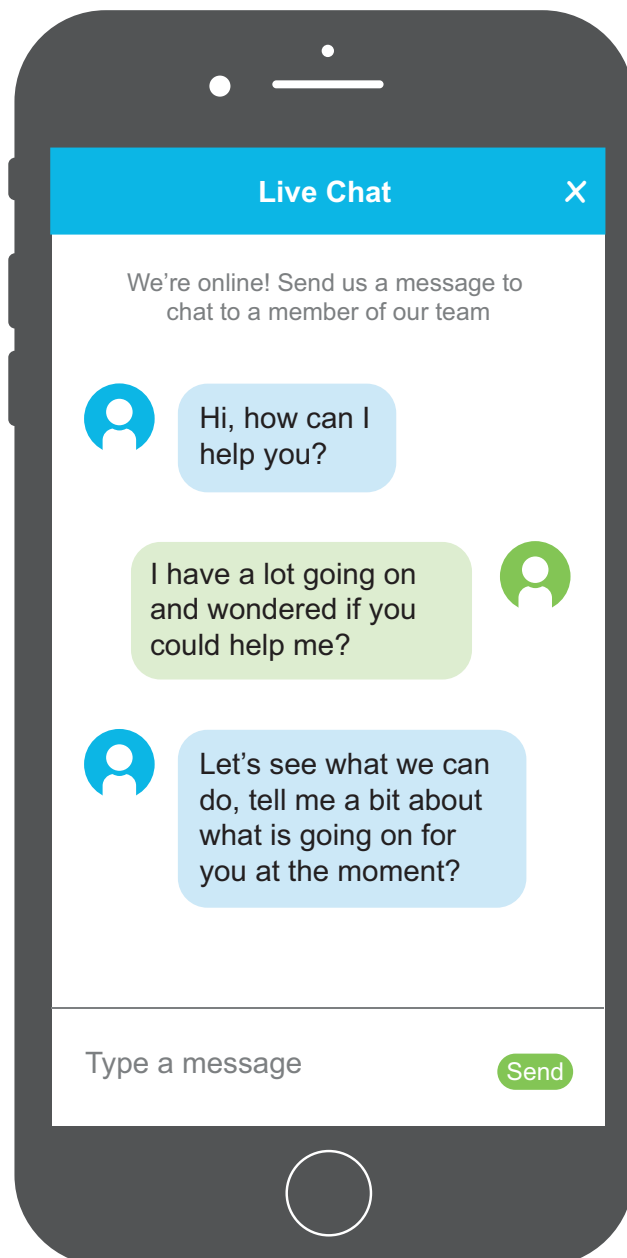
**Extended times: 9pm - 12am**

**Extended  
Times**

**Aged 11-25  
and need  
someone  
to talk to?**



**SCAN ME**



**Scan QR code or visit us at [your-way.org.uk](http://your-way.org.uk)**

FYI: we are not a crisis service. If you feel in crisis please contact Childline 0800 1111, Samaritans 116 123, Valued lives 01209901438 or visit The Mix at [www.themix.org.uk](http://www.themix.org.uk)