

Geographic Area	Social Justice Theme	Organisation	Contact	Info
National	Mental Wellbeing	The Mix	click here	<p>The Mix is the UK's leading support service for young people below the age of 25. They are there to take on any challenge they are facing - from mental health to money, from homelessness to finding a job, from break-ups to drug use. They offer young people the chance to talk to via their online community, on social media, through their free, confidential helpline or their counselling service. Volunteers are all part of The Mix's mission to do everything they possibly can to support young people. By volunteering at The Mix you can make a direct difference to the lives of young people, whether it's through peer to peer support via their online community or via the phone. If you're looking for one off or short-term opportunities, The Mix can also use your ideas to help them develop new tools and services. There are likewise opportunities to support The Mix by getting involved in one of their Events, or fundraising for them.</p>
National	Mental Wellbeing	Young Minds	click here	<p>Young Minds is the UK's leading charity fighting for children and young people's mental health. Whether young people need a reassuring conversation, specialist mental health support, or simply the knowledge that they are not alone in how they are feeling, Young Minds will make sure that all young people get support that meets them where they're at as quickly as possible. There are several ways you can become involved in supporting the work on Young Minds, from fundraising, to volunteering, or joining the movement. If you are 25 or younger, you can also support Young Minds by becoming a Young Mind Activist, joining their Youth Panel, or becoming a Young Minds blogger.</p>