

InTER ACT



Do you want to learn new ways of managing difficult thoughts and feelings?



What is InTER-ACT

It's a series of 3 x hour long, live online sessions to help you learn new ways of managing difficult thoughts and feelings, so that you can do more of what matters to you.

Who is it for?

Any young person aged 9-25 is welcome to join providing you live in or attend school/college or are registered with a GP in Gloucestershire.

What happens in the sessions?

TIC+ presenters use slides and videos during the sessions. You will have the chance to take part in anonymous polls and quizzes and try out some useful skills and tips. Or you can just watch if you prefer.

Will anyone see or hear me?

All participants cameras and microphones are turned off so no one will ever see or hear you.



When do the sessions take place?

There are three, weekly live online sessions streaming every Tuesday evening. Each session lasts one hour.

Early Bird at 6pm
Night Owl at 7:30pm

How do I book?

Register for your FREE place on our website. You will need an email address to register (can be a parent/carer's).

If you don't have access to an email **CONTACT US** for help!

Head to www.ticplus.org.uk/interact



 **tic+**
Counselling, Support and Care for Young People and Families

www.ticplus.org.uk @tic.plus

Registered Charity No. 1045429 | Registered Company No. 2954230



tic+chat
anonymous

tic+chat

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

Registered Charity No. 1045429
Registered Company No. 2954230