Information NOW
Information for people in Newcastle upon Tyne

Man's Hour

Mans hour is a free listening and counselling service ofering support to men affected by domestic or sexual abuse
If you are a man, aged 16 or older, living in Tyne & Wear or Northumberland you can receive 1-to-l counselling, advice & guidance, as well as access to a support group.

Last updated: October 24, 2025

Telephone: 07549698049

Website: www.manshour.co.uk

Opening Hours: Please contact via the website

Address:
1st Floor Victory House
Balliol Business Park
eBenton Lane
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