

A Time 2 Talk

A Time 2 Talk offers counselling and well-being support to people facing life changing events which affects their their day to day living and mental health. They provide:

- support if you are experiencing anxiety, depression or stress.
- a safe, confidential, non-judgmental environment
- a service tailored to your needs.
- space for you to explore the areas in which you have become 'stuck'.

A Time 2 Talk work in partnership with [Newcastle Vision Support](#) to support visual impaired and blind people with counselling and wellbeing support.

Last updated: July 30, 2024

Telephone: 07538 891 325

Telephone note: Please leave a message and you will receive a call back.

Website: <http://www.atime2talk.co.uk/>

Email: atime2talk@hotmail.com

Opening Hours: 9 am to 4 pm Monday - Wednesday - Thursday - Friday
Closed Tuesday

Cost: There may be a cost to this service/support

Address:

A Time 2 Talk
The Dene Centre
Castle Farm Road
Newcastle upon Tyne
NE3 1PH

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