



## A Time 2 Talk

A Time 2 Talk aims to offer a safe non-judgmental environment in a confidential setting where you can explore the stresses and anxieties you are facing; our service is tailored to your needs and in many cases the counselling will be **free**.

Research shows that counselling is a positive and effective way to explore specific issues, helping you to grow, bring about positive change and overcome emotional excess such as anger, panic attacks and stress.

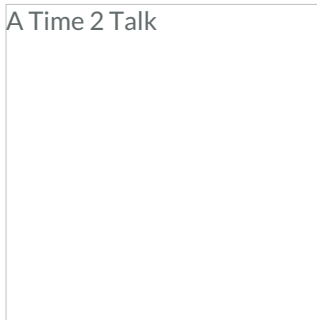
You and your counsellor will work together so you can gain a better understanding of your feelings and you will find a way to cope with your feelings.

You can arrange an appointment with one of our counsellors to talk about what is troubling you and decide if counselling is something you would like to engage with.

People we have worked with have said that our intervention has helped them to "*strengthen their emotional resilience*" and enabled them to "*continue to live a meaningful life*".

A Time 2 Talk is a Community Interest Company ran by volunteers who give their time for free and do not claim expenses. Any donations to A Time 2 Talk are used to keep the service operating by funding overheads such as room hire.

A Time 2 Talk





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@atime2talk



@ATime2TalkCounsellingService



Last Updated - 13th June 2023

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## Services

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Counselling Service

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Listening Service

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## Events

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No Events

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## Activities

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No Activities

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