



Living Well North Tyneside

Supporting Health and Wellbeing

They will receive support from a qualified counsellor who will provide empathy and genuine positive regard.

Individuals who self-refer to A time 2 Talk receiving state pension, benefits or on a low income will receive the first 6 counselling sessions for **free**. Anyone on a low income who is unable to access counselling because of the cost will be charged on a sliding scale and this will depend on their monthly income. Everyone wishing to access the service will receive an assessment with a trained counsellor.

Organisations wanting to refer one of their clients to A Time 2 Talk can check out our rates via our website as we offer two pricing options for professionals wanting to use our service.



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