

We've got time for talking



Professional counsellors and trained advisors with a wealth of experience to support your wellbeing.

*Professional support
Non-judgemental
Confidential*

Free Confidential Support & Self-help Resources



0800 970 3980



timefortalking.co.uk



Counselling and psychological wellbeing
support service

What's on your mind?

Stress at work or at home

Relationship problems

Depression or low self-esteem

Bereavement or life changes

Struggling with alcohol or drugs

Disciplinary at work

Health concerns



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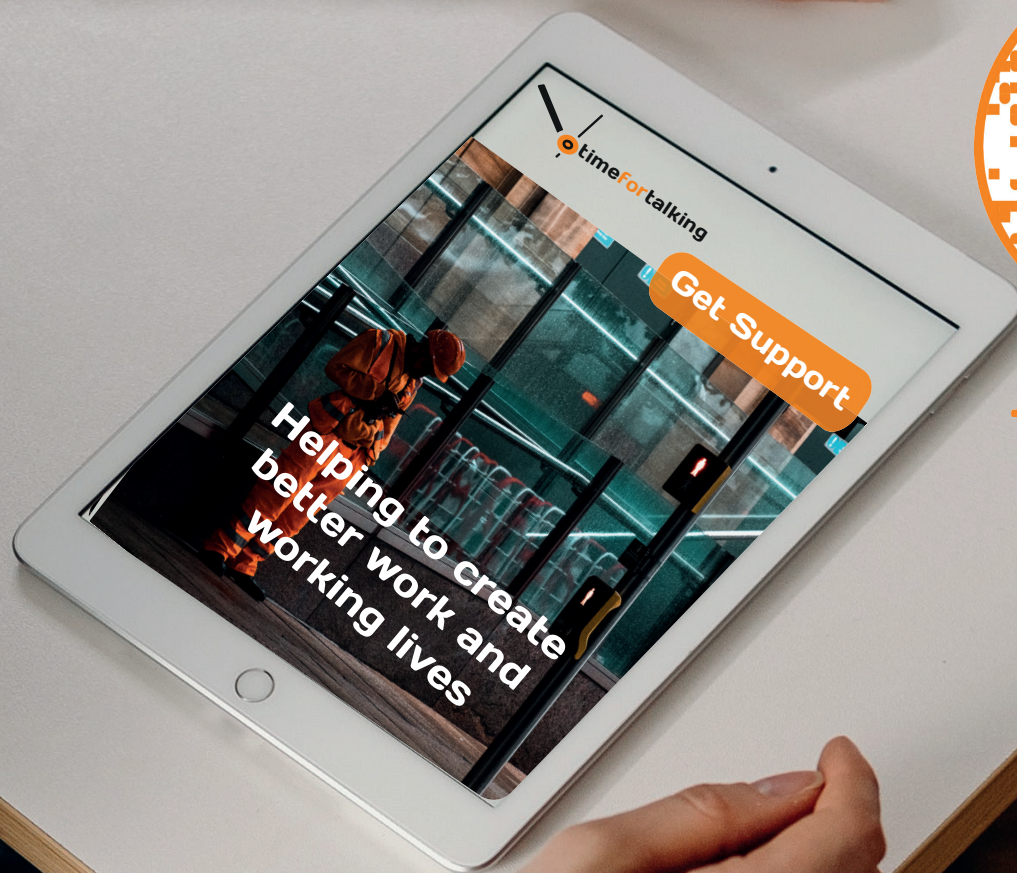


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Scan Me



Scan Me



Did you have time to read this?

It takes no time to refer yourself for
free confidential support



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I'm fine - I don't want
to bother anyone

Scan Me



**Mental health affects us all.
We're here to talk.**

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