

A Time 2 Talk

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

We provide counselling support to assist if you are experiencing anxiety, depression or stress in a safe, confidential, non-judgmental environment. Our counsellors will use a person centred approach thereby giving you an individual service that is tailored around your needs.

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

Last updated: May 11, 2026

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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