



The Service Offers:

General Advice and Guidance

Psychological Support

Emotional Support

Individual Counselling

You don't have to
struggle alone....
call the **helpline** we
can help



Calls are free and available 24 hours per day
7 days per week throughout the year

0800 970 3980

www.timefortalking.co.uk or email: admin@timefortalking.co.uk