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# **NE1 Counselling Homepage**

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**Professional counselling  
services, based in the  
Newcastle city centre.**

We are a social enterprise  
passionate about providing  
first-class counselling support  
in the north east and beyond.  
We believe counselling should  
be available to anyone wishing  
to access it.

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## **What We Do**

Our counselling centre is based in central Newcastle and allows us to offer your preferred option for therapy:

### **1. Face-to-Face**

Our therapy room provides a calm and private environment.

### **2. Online**

We are able to facilitate online sessions.

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## 3. Phone

Telephone appointments are also available.



Photo of the River Tyne in Newcastle at sunrise.

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## **Our Ethos**

Here at NE1 Counselling, we are entirely client-led. We offer support to make changes and a confidential space to talk through whatever you choose. This can be something that you are experiencing in the present or something from the past. We are not here to make decisions for you, or offer advice, but we are here to listen and help you empower yourself to find the answers within.