NE1 Counselling Homepage

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.

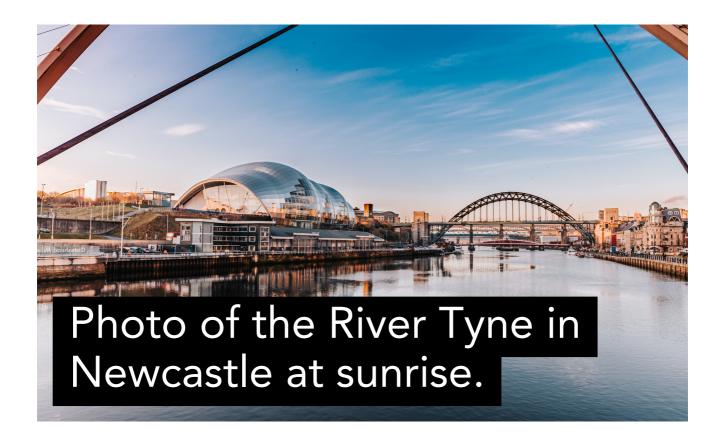
2. Online

We are able to facilitate online sessions.

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3. Phone

Telephone appointments are also available.



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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.

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