

Our Counselling Services



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Video Counselling

We provide remote counselling from TIC+ counsellors, using WhatsApp or Zoom video calls.

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Telephone Counselling

Find it hard talking face-to-face? This options offers supportive phone calls with trained counsellors.

Contact Us

Call us: 01594 372777

Text us: 07520 634063

Website: www.ticplus.org.uk



SCAN ME

Scan with your phone to visit our website!



Online Counselling

1-2-1 text chat with our friendly, fully trained counsellors.

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Face - to - Face

Face-To-Face counselling for children and young people aged 9-21.

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tic+chat

tic+chat is a free 1-2-1 anonymous, drop in, online and phone service for children and young people. aged 9-25.

Call 0300 303 8080

Opening Times

Sunday - Thursday 5 - 9pm

No appointment needed!

You can refer yourself for all of our services, so you don't need to tell anyone you're contacting us if you don't want to.



Counselling, Support and Care for Young People and Families