

How much will it cost?

50 minute appointments start from £45. Our therapists set their own prices based on the experience or qualifications they hold.

What if I access 'funded' sessions?

Instead of booking yourself in through Now You're Talking, TLC: Talk, Listen, Change will be able to honour existing arrangements. You do not need to do anything, we will contact you in order to progress with your sessions.

Where to go for more support?

Our team are here to help with any questions you might have:

TLC: Talk, Listen, Change
enquiries@talklistenchange.org.uk

Now You're Talking
hello@nowyoutalkingtherapy.co.uk



Your mental health matters,
book your free consultation:

nowyoutalkingtherapy.co.uk

Let's start talking



**The Relationship
Therapy Centre**

Ready to take the first step?

Professional support is just a few clicks away, with no waiting lists, no complicated forms, and complete control over who you work with.

Learn more about us...



Charity Number: 512710

Registered Company: 15452876

Stronger Together

How to access counselling support
in **Severn and Wye**.



TLC: Talk, Listen, Change is a national relationships charity. We champion the importance of safe, healthy, happy relationships for maintaining good mental health and emotional wellbeing.

Like **The Relationship Therapy Centre**, we also have a history which has included being part of **Relate** (up until 2017.) We strive to constantly adapt to the changing landscape of mental health and relationship needs across the UK, and so 7 years later we adapted again to become the **TLC Group**.

As part of the **TLC Group** we offer therapy through **Now You're Talking**. The profit generated by paid-for sessions with **Now You're Talking** is donated to our charitable work - supporting more individuals, couples and families with free mediation, mental health and domestic abuse services.

“A weight has been lifted from my shoulders. You've given me the tools and techniques to move forward in my life.”

- Sarah, supported by TLC



now you're
talking

part of the TLC group

No waiting lists,
be seen in
as little as
48 hrs!

Counselling Support

Profit-with-purpose therapy

You deserve support that fits around your life,
not the other way around.

Why choose professional counselling?

Life throws challenges at all of us: work stress, relationship difficulties, anxiety, grief, or simply feeling stuck. Professional counselling gives you a safe space to talk through what's on your mind and develop practical tools to move forward.

What makes us different?

- **You choose your therapist**
Browse our qualified professionals and pick someone who feels right for you
- **No waiting lists**
Appointments often available within 48 hours
- **Flexible sessions**
Online or in-person across the UK, including evenings and weekends
- **Free trial before you commit**
15-minute free consultation calls to find your perfect match
- **Supporting good causes**
We're profit-for-purpose, meaning we reinvest our profits back into **TLC: Talk, Listen, Change**

1

Browse our therapists

nowyouretalkingtherapy.co.uk/therapists
Browse our team of qualified therapists and read their profiles to find someone who feels right for you. You can choose based on their specialisms, approach, or simply who you feel most comfortable with.

2

Free consultation

Book a 15-minute call with your chosen therapist. It's completely free and helps you decide if it's a good fit.

3

Book your sessions

If you're happy to proceed, book your 50-minute therapy sessions. Sessions start from £45 and can be scheduled online, over the phone, or in-person at times that work for you.

4

Get the support you need

Your therapist will provide a confidential, professional space to work through whatever challenges you're facing. Continue with your therapist for as many sessions as you both decide would be suitable. These can be booked on the website all at once, or ad hoc, as your schedule allows.

Find the right therapist for you: www.nowyouretalkingtherapy.co.uk/therapists