



**Talk
to us.**



“Time to Talk is tackling isolation and reducing loneliness for people with disabilities and Deaf people.”

We offer:

- Free telephone support service
- Free support service for Deaf people using webcam, FaceTime and Skype
- Free training
- Chat and share groups throughout Devon
- Life coaching
- Volunteering opportunities
- BSL Counselling

**Volunteer
with us.**

Get in touch...

Call: 0300 303 3691

Email: time2talk@livingoptions.org

Text: 07856 426940

Web: [livingoptions.org/
support-help/time-talk](http://livingoptions.org/support-help/time-talk)

@timetotalkdevon



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