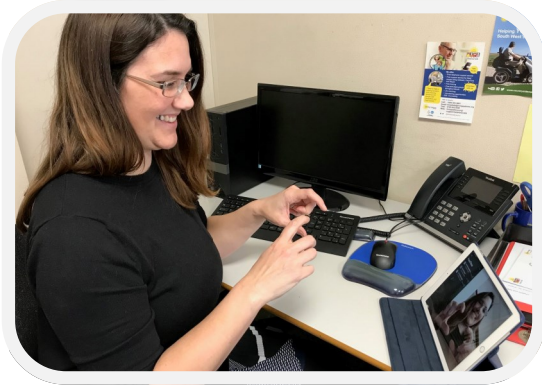


It's Time to Talk



Do you have a long-term health condition or a disability and want someone to talk to?

Get in touch with our free, confidential listening service where you can chat with us or get information and advice.

We are here to help and our service covers Devon, Plymouth and Torbay.

Get in touch:

Phone: 0300 303 3691
Email: time2talk@livingoptions.org
Text: 0785 642 6940
Facebook: [Time2talkdevon](https://www.facebook.com/Time2talkdevon)



www.livingoptions.org info@livingoptions.org
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