



www.talktimescotland.co.uk

Could this be right for you?

If you have a long-term physical health condition that affects you on a daily basis and you want to talk to someone about the impact it has on your life, please get in touch to arrange an initial conversation with one of our counsellors.

Some disabilities are easy to recognize but others may be “hidden” such as diabetes, psoriasis, juvenile arthritis, severe asthma, congenital heart condition, epilepsy, cystic fibrosis.

Our counsellors are all professionally qualified with many years’ experience. You can say as much or as little as you like and everything you say will be kept confidential.



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