

Need to chat?

Deaf Action have created a new online

Befriending Service

**for Deaf and Hard of Hearing adults
living in Scotland**

If you or someone you know could do with a friendly face to chat to, our service can match you with a befriender with similar interests, suitable communication needs and provide friendly conversation and companionship during this difficult time.

Not only can the befriender stay in contact through video calls, text messages, and letters they can also help you with other face to face support once restrictions are lifted.

If you don't have a suitable device to communicate online with our befrienders, we may be able to provide you with a free loan of a computer tablet as well as training.

**If you are interested please contact
Deaf Action by email:
befriending@deafaction.org
or text/SMS: 07795 338 231**

