



HOLIDAY HOPE

TOGETHER AT CHRISTMAS

Lingua.GM is offering urgent Mental Health support ideas and tips to stay safe. Our bilingual mental health practitioners are available Monday-Sunday 9am-12Midnight providing support over Christmas break across Greater Manchester.

Lingua.GM offers free, confidential support to anyone age 18 years over.

**OPENING TIMES MONDAY-SUNDAY
9AM - 12 MIDNIGHT**

If you would like to
receive mental health
support please calls us
on the
following: 07391512713

If you would like more
information please visit
www.linguagm.com