

# Out of Hours Service

- ✓ Europa has launched a free out of hours service for citizens of **Greater Manchester** who are facing low mood or social isolation because of Covid 19.
- ✓ We have a fantastic friendly team of people speaking several European languages waiting to take your call now.
- ✓ We offer group work, a referral to our tele befriending service as well as more in depth 1:1 counselling in **Polish, Romanian, Lithuanian, Russian and English**.
- ✓ Do not suffer in silence contact Europa now for a friendly chat and extra help if you need it.

**Contact number - 0161 5412 686**



[www.europa.org.uk](http://www.europa.org.uk)



We look forward to speaking with you soon

The lines are open

**Monday – Thursday 5pm - 7 pm**

**Saturday 10am - 12pm**

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Europa OISC No. N2020000121



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