

Ear for you

Covid-19 Support line
for BAME communities.
A Greater Manchester
wide service.

What we already know

Third of Covid-19 patients are from Black and Asian Minority Ethnic population (BAME)

Why is this service necessary

Covid-19 related emotional support for BAME families is limited in Greater Manchester (GM)

Who can call

People from BAME communities who are:

- Recovering from COVID-19 or are self-isolating
- Relatives and friends of clients suffering from COVID-19
- Bereaved relatives and friends of a deceased COVID-19 person
- BAME women and young girls victims of abuse and violence

Who are we?

- A charity specialised in the provision of cross-culture emotional support
- Registered Mental health Practitioners and Psychotherapists
- Bilingual trained Peer Mentors skilled in basic cultural counselling
- Community support volunteer workers

What is available?

- Advice, guidance and signpost relating to COVID-19 matters
- Cross-culture emotional support related to pre- and post Covid-19 issues
- Tailored psychosocial therapy for women and young girls victims of violence and abuse during COVID-19:

Individual and Group therapy available.

- Online trainings available
- Advice, guidance and support provided in varied languages including Somali, Kurdish, Swahili, Urdu, Arabic, French and more

07862 279289 / 07894 126157

You can also text the word 'HELP'
and someone will get back to you

Open seven days a week from 10am-6pm

www.nestac.org.uk info@nestac.org.uk



*the guardian
project*

