



in association  
with  
**turning  
POINT NI**



- Do you live in the area covered by the Northern Health & Social Care Trust?
- Do you feel your mental health has been negatively impacted because of the current COVID-19 pandemic?
- Would you like help to ease anxiety, stress or worries you are experiencing?

## Feel Better by Extern is a new online counselling service

It has been created as a response to the increased anxiety, worry, and other mental health issues now being experienced by many people, for the first time, as a result of the current COVID-19 pandemic.

### WE OFFER:-

- Online confidential counselling sessions – group & one-to-one
- Advice and information on managing your emotional wellbeing
- Signposting to other services which may help

The service is open to everyone aged 18 or over living in the Northern Health & Social Care Trust area.

We are particularly keen to hear from those living in isolated or rural areas.

### GET IN TOUCH

If you feel you need help or want to find out more, please contact a member of the team:

By Text/Whatsapp: 07401 278 169 or By phone: 028 9592 4664, Mon-Fri 9-5

**CLICK HERE** to register your interest

Our hours of operation are Mon-Fri, 9am-5pm, but some of our support sessions are offered outside of these times.

For more information, visit [www.extern.org](http://www.extern.org) or [www.turningpointni.co.uk](http://www.turningpointni.co.uk)

The project is operated by leading local charity Extern, in association with Turning Point NI, and is funded by The National Lottery Community Fund.

