



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

By registering your interest at <http://turningpointni.co.uk/contact-us/online-referral-form/>

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 or 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.

