



**PIPS**  
upper bann

**Coronavirus**

## **How to prioritise your mental health**

**PIPS Upper Bann continues to provide immediate therapy to anyone in our community who is experiencing Suicidal thoughts, high levels of anxiety, poor mental health or bereaved over suicide**

**The following forms of counselling are:**

- Online video counselling ZOOM**
- Telephone counselling**

**CONTACT US TODAY ON  
07342332481**