

Are you afraid of needles?

Do you want to get your COVID
vaccine but feel too fearful?

NL Psychologists can help!

Local Psychologists in NL have volunteered to offer a **FREE** and **confidential** one-time individual session (phone or computer) to help with needle fears.

Sessions are typically 45-50 minutes and will explore your specific fears, and provide individualized strategies for coping as well as a handout with more general information.

If interested, please email info@apnl.ca or phone 739-5405. Please leave your name, age, email and phone number.

(Please note that the focus of the sessions will be on needle fears and teaching individual coping techniques. Unfortunately, other issues cannot be addressed at this time)