

# Seeing the signs?

Church communities play an important role in walking alongside people through all the seasons of life. It's likely you have seen mental health warning signs first hand. In fact, many of us care for our friends and family without any additional support.

But there is help available. Abound is a simple online platform where you can connect with one of our accredited Christian Counsellors - any time, anywhere.



Learn more  
about Seeing  
the Signs