

# COUNSELING AWARENESS MONTH

April 2023

HOW TO OBSERVE  
COUNSELING  
AWARENESS  
MONTH



# 1. JOIN SEMINARS AND SYMPOSIUMS

Attend seminars and symposiums this Counseling Awareness Month. Listen to these licensed counselors and mental healthcare professionals as they talk about the importance of mental health and why counseling is a recommended option for healing.

**NATIONAL TODAY, 2023**



# 2. VISIT YOUR COUNSELOR

Raising awareness for a larger population often starts with you. Visit your trusted counselor for self-check and regular evaluation, ensuring that you're mentally sound and emotionally stable.

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# 3. ENCOURAGE YOUR FRIENDS

One of the ways to lessen the stigma behind counseling is to enlighten your friends on how it works. Everyone has a form of emotional baggage they want to be relieved from, it is everyone's social responsibility to illuminate the benefits of counseling not just for one person but for everyone around them.

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