

**APRIL IS  
COUNSELOR  
AWARENESS  
MONTH**



# WHAT IS COUNSELING AWARENESS MONTH :

**Counseling Awareness Month is celebrated in April every year. It's a month-long observance of raising awareness and promoting mental health to people of all ages. It also highlights the importance of counseling professionals—from mental health counselors, school and college counselors, substance abuse counselors, to career counselors. It's the time when their contributions, not only to the healthcare sector but also to society in general, are honored. This celebration also eradicates the stigma of seeking help for mental illnesses. These professionals are here to help, and it doesn't make anyone less of a person to ask for guidance.**

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