



# Mental Health and Counselling

## How do they sit alongside one another?

**War Memorial Library**  
**Tuesday 11 October, 10.30am**

**Eastbourne Library**  
**Thursday 13 October, 10.30am**



Counselling is about well-being and ways for increasing it, touching upon emotional health, mental health, and well-being of spirit

Hutt Valley Counsellor and member of the New Zealand Association of Counsellors, Anne Horrill, will share a handful of common 'facts and fallacies' about Counselling and present them for discussion during Mental Health Awareness Week (10-16 October)



[library.huttcity.govt.nz](http://library.huttcity.govt.nz)



MHAWNZ

MENTAL HEALTH  
AWARENESS WEEK  
10-16 October 2016

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