



Saturday 10th
October is...



World Mental Health Day is celebrated to day around the world.

The SVGCC Counselling Department celebrates with our global community the importance of mental health access for all. Now more than ever we understand the value of mental health and how essential is it to preserve well being. We encourage our students, staff and Vincentian community to celebrate with us and take the time to invest in your mental health and raise awareness. Be apart of the conversation and advocacy for greater investment in mental health services in our community.

There is no health without mental health spread the word!

In need of support contact the SVGCC Counselling service 457-4503 ext. 375 or 368

Counsellors Contact: ayana.hypolite@svgcc.vc or andrea.gaymes@svgcc.vc

Whatsapp: (784) 431 - 8043.

Photo by: mentalhealth.org.uk