



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Canadian Counselling and Psychotherapy Association Proudly Acknowledges World Mental Health Day

OTTAWA (October 10, 2013) The Canadian Counselling and Psychotherapy Association (CCPA) is pleased to acknowledge and recognize World Mental Health Day. A global initiative of the World Federation for Mental Health, this special day is celebrated every year on the 10th of October. This year's theme is "Mental Health and Older Adults".

"Qualified counsellors and psychotherapists are part of the continuum of care in primary health care and make vital contributions to the mental health and well-being of all Canadians," said CCPA President, Blythe Shepard. "Today, CCPA is proud to celebrate World Mental Health Day and we remain committed to working together to raise awareness and help advance the mental health agenda in Canada and around the globe."

Counsellors and psychotherapists work in multiple settings to address diverse mental health needs and assist families and individuals who are experiencing age-related concerns. The needs of our older adults are increasing across Canada as our population ages. Often working in multi-disciplinary teams, psychotherapists and counsellors offer important supports to caregivers of older adults and to older adults living at home, in nursing homes, rehabilitation centres, and hospitals.

CCPA remains dedicated to the enhancement of the counselling and psychotherapy profession in Canada. As a national bilingual association of professionally trained counsellors engaged in the helping professions, CCPA has approximately 4,800 members working in many diverse fields of education, employment and career development, social work, business, industry, mental health, public service agencies, government and private practice.

"On behalf of CCPA and its members, I wish to recognize the contributions of all those around the world who are helping to raise awareness on mental health issues," concluded Shepard. "I encourage all Canadians to join the conversation and continue to take action on making mental health a priority."

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The Canadian Counselling and Psychotherapy Association (CCPA) is a national bilingual association providing professional counsellors and psychotherapists with access to exclusive educational programs, certification, professional development and direct contact with professional peers and specialty groups. CCPA promotes the profession and its contribution to the mental health and well-being of all Canadians. For more information on the counselling and psychotherapy profession, please visit www.ccpa-accp.ca or www.talkingcanhelp.ca.

For further information, please contact:

Alana Baker

Office: (613) 233-8906

Cell: (613) 299-4017

ccpa@impactcanada.com