



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

Canadian Counselling and Psychotherapy Association Celebrates Mental Illness Awareness Week

OTTAWA (October 7, 2013) Today, the Canadian Counselling and Psychotherapy Association (CCPA) acknowledges *Mental Illness Awareness Week* (MIAW). This special week, which runs from October 6-12, is an annual national initiative organized by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH). Its purpose is to raise awareness on the importance of mental health for the overall health of all Canadians and to facilitate a much-needed national conversation about mental illness.

MIAW also celebrates the *Faces of Mental Illness*, a campaign that aims to get people talking about mental illness and recognizes the important role mental health plays in the lives of all Canadians. Five individuals have been chosen and have come forward to show Canadians that mental illness has many faces – faces that are recognizable to us all.

“As an active member of the Canadian Alliance on Mental Illness and Mental Health, CCPA is proud to celebrate this special week and acknowledge those individuals who are living in recovery from mental illness and are placing mental illness high on the public agenda,” said CCPA President, Blythe Shepard. “These courageous individuals demonstrate to Canadians that with appropriate and timely access to services and support, recovery from mental illness and living a full life with a mental illness is indeed possible.”

CCPA remains committed to working together with governments and key stakeholders to help advance the mental health agenda in Canada. 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.

This year, MIAW'S theme is *From Awareness to Action: Moving Forward for Mental Health*. “There is no doubt that we have seen advancements in Canada's approach to mental health,” added Shepard. “However, Canadians living with mental illness continue to face barriers, preventing them from pursuing the support they need and deserve. It is our hope that this week, during Mental Illness Awareness Week, communities across the country will join the conversation and take action to make 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.

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