



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

## **Canada's Counsellors and Psychotherapists Proudly Celebrate Mental Health Week**

OTTAWA (May 5, 2014) The Canadian Counselling and Psychotherapy Association (CCPA) is proud to celebrate Mental Health Week, taking place from May 5-11, 2014. An initiative of the Canadian Mental Health Association, this special week is an annual national event that takes place during the first week of May to encourage people from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health.

CCPA is 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 over 5000 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.

"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. "Together, we collaborate with other mental health associations to advocate for appropriateness of care - access to the right care, provided by the right provider(s), to the right person, at the right time."

CCPA believes that the most critical factor in providing effective counselling is to ensure that all Canadians have access to timely, qualified, and effective support. The opportunity to have confidential dialogue on matters related to mental health issues is healing. Overcoming fear and misunderstanding of mental illness can only occur when individuals recognize and talk about emotional distress. Given that many of us will experience mental health problems during our lifetime, the message that mental health issues are treatable and that recovery should be expected needs to be communicated to the public.

CCPA hosts a public website "Talking Helps" ([www.talkingcanhelp.ca](http://www.talkingcanhelp.ca)), which supports open dialogue and where members of the public can find authoritative information about the benefits of counselling in ameliorating a variety of life experiences that negatively impact health and wellbeing. In addition, if you are looking for therapeutic support, visit [www.ccpa-accp.ca](http://www.ccpa-accp.ca), where you can search for a Canadian Certified Counsellor in your region.

One in five Canadians each year will be affected by a mental illness. Given the importance of mental health to all Canadians and the strong relationship between good health and good mental health, CCPA remains committed to working together to ensure better and more equitable access to mental health services. All Canadians benefit from better access to mental health services.

"We are very proud to play a role in this special week and help raise awareness and advance the mental health agenda in Canada," concluded Shepard. "On behalf of CCPA and its members, I encourage all Canadians to join the conversation and take action on making mental health a priority."

*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](http://www.ccpa-accp.ca) or [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca).*

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