



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

## Canadian Counselling and Psychotherapy Association Celebrates World Health Day

OTTAWA (April 7, 2014) The Canadian Counselling and Psychotherapy Association (CCPA) is pleased to acknowledge and recognize World Health Day. This special day is celebrated every year on April 7<sup>th</sup>, which marks the anniversary of the founding of the World Health Organization (WHO) in 1948.

“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. “World Health Day marks a wonderful opportunity for community members all over the world to get involved and play a role in taking vital steps to improve our health. CCPA is proud to celebrate World 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.”

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.

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.

“We know that mental illness is increasingly affecting the lives of more and more Canadians,” added Shepard. “Seeking support for mental health contributes to early identification, early intervention and subsequent increases in educational, social, emotional, personal, and workplace effectiveness.”

“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 and recognize its critical role in individuals’ overall health and well-being,” concluded Shepard. “I encourage all Canadians to join the worldwide 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](http://www.ccpa-accp.ca) or [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca).*

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