



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, 2014) The Canadian Counselling and Psychotherapy Association (CCPA) is proud to recognize World Mental Health Day, a global initiative of the World Federation for Mental Health. Observed every year on October 10th, World Mental Health Day is aimed at raising awareness for mental health issues globally and to encourage support for the field of mental health.

With this year's theme of "Living with Schizophrenia", the focus of the World Health Organization (WHO) is on living a healthy life with schizophrenia. "One percent of Canada's population (over 35,000) lives with schizophrenia and approximately three percent of the population (over 1,000,000) will experience a psychotic episode during their lifetime," said CCPA President, Blythe Shepard. "This means that people affected by schizophrenia include our friends, families, neighbours, co-workers, and students. Individuals who have schizophrenia often move through cycles of remission and relapse. During the remission phase, individuals tend to experience very few symptoms; however, during the relapse phase one or more of the symptoms associated with schizophrenia will affect their daily functioning, including going to work, to school, and to play. With the use of medications and mental health supports, the duration of the remission phase can be controlled."

CCPA remains dedicated to the enhancement of the counselling and psychotherapy profession in Canada. As a national bilingual association of professionally trained counsellors and psychotherapists engaged in the helping professions, CCPA has approximately 5300 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.

"Although there is no cure, the various treatment options available to individuals with schizophrenia can help manage the severity of their illness and enhance their quality of life. With mental health supports a person with schizophrenia can find life personally and socially satisfying," added Shepard. "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."

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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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