



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

Canadian Counselling and Psychotherapy Association Acknowledges World Suicide Prevention Day

OTTAWA (September 10, 2013) Today, the Canadian Counselling and Psychotherapy Association (CCPA) acknowledges World Suicide Prevention Day. This year, Canada's theme focuses on *Hope and Resiliency at Home and Work*, which builds on the international theme of *Stigma: A Major Barrier to Suicide Prevention*.

"Suicide is one of the leading causes of death in the world, especially among young people," said CCPA President, Blythe Shepard. "It is our hope that on this special day we can work towards reducing the stigma associated with suicide by raising awareness, promoting conversation about mental wellness and demonstrating that there are many helpful services and resources available to those who may need assistance."

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. Many of CCPA's Canadian Certified Counsellors have specific training and experience in supporting individuals who are affected by someone who has plans for suicide or who has attempted or died because of a suicide event. They are equally well trained in supporting people who are not sure whether they want to live or die, have thoughts of suicide, or are considering suicide.

There is a wide range of emotional pain that can lead to thoughts of suicide. In fact, a large proportion of people who die by suicide live with mental illnesses that have gone untreated. "A person's response to pain can be very unique," added Shepard. "He or she may reach a point at which they feel as though they can no longer cope. This point is different for different people at different times. For many reasons, day to day life becomes unbearable. Therapy can help people through these feelings by providing a safe, non-judgmental, confidential and supportive environment to share thoughts and feelings, work on ways to find a way through the pain and transform negative thoughts into more positive ones."

CCPA strongly encourages anyone who may be experiencing suicidal thoughts or who knows someone who has mentioned not knowing whether they want to live or die to seek immediate support. Talk to a trusted friend, dial 911, a crisis centre, or local health facility. Do not stay silent. If you are looking for online assistance, go to <http://www.suicideprevention.ca> and press the "warning signs" tab for more information. If you are thinking of suicide, press the "in crisis now" tab. If you are looking for therapeutic support, go to www.ccpa-accp.ca, where you can search for a Canadian Certified Counsellor in your region. Members of the public can also find authoritative information about the profession of counselling and psychotherapy by visiting CCPA's new public website, www.talkingcanhelp.ca.

The “Talking Helps” website features information on reasons for seeking counselling, types of therapies and even tips on finding the right therapist. It is a safe and anonymous way for people to seek answers to their questions and gain access to the help they need.

“We hope that today, on World Suicide Prevention Day, communities across the country will join in the conversation to help raise awareness, reduce stigma, and decrease the devastated effects of suicide” concluded Shepard.

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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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