

## Canadian Counselling and Psychotherapy Association Acknowledges World Suicide Prevention Day

OTTAWA (September 10, 2014) Today, the Canadian Counselling and Psychotherapy Association (CCPA) is acknowledging World Suicide Prevention Day. This year, the theme 'One World Connected' was announced by the International Association for Suicide Prevention (IASP). The Canadian Association for Suicide Prevention (CASP) and the Mental Health Commission of Canada (MHCC) have partnered to promote, "Connecting Canada" as the supporting theme for WSPD in Canada.

"Every day, approximately 11 people die by suicide in Canada," said CCPA President, Blythe Shepard. "The phenomenon of suicide is everyone's business including counsellors and psychotherapists, crisis responders, employers, and citizens. It is our hope that we can work towards reducing the number of deaths by implementing preventative strategies such as: reducing stigma, 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 thoughts of suicide, someone who has attempted suicide or for those recovering from losing a loved one by 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 have lived 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 varies for different people at different times. For many reasons, day to day life becomes unbearable. Therapy can help people work through these feelings by providing a safe, non-judgmental, confidential and supportive environment to share thoughts and feelings."

CCPA strongly encourages anyone who may be experiencing suicidal thoughts or who knows someone experiencing such thoughts to seek immediate support. Talk to a trusted friend, dial 911, call a crisis centre, or go to a local health facility. For online assistance, visit <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](http://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 public website, [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca).

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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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