



## Join Canada's Counsellors and Psychotherapists in Celebrating Mental Health Week

OTTAWA (May 4, 2015) The Canadian Counselling and Psychotherapy Association (CCPA) is proud to celebrate Mental Health Week, taking place from May 4-8, 2015. 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 and psychotherapists engaged in the helping professions, CCPA has over 5300 members working in many diverse fields including education, employment and career development, outreach, business, industry, and mental health. Our members work in public service agencies, government, a variety of institutions, and private practice, among others.

“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, organizations, and governments 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 and psychotherapy is to ensure that all Canadians have access to timely, qualified, and effective support. The opportunity to have confidential dialogue and professional care on matters related to mental health issues is healing. Overcoming fear and misunderstanding of mental illness can only occur when individuals recognize and express their 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 helps members of the public find authoritative information about the benefits of counselling and psychotherapy 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 confidentially search for a Canadian Certified Counsellor in your region.

CCPA is also a proud member of the Canadian Alliance on Mental Illness and Mental Health (CAMIMH). On Tuesday, May 5<sup>th</sup>, CCPA, along with countless other likeminded mental health groups, parliamentarians, musicians and media personalities will come together to celebrate the Champions of Mental Health Awards and recognize individuals and organizations whose outstanding contributions have advanced the mental health agenda in Canada. To join CCPA at the Champions Gala, visit <http://www.camimh.ca/champions-of-mental-health>.

For more information on Mental Health Week visit, [www.mentalhealthweek.ca](http://www.mentalhealthweek.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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