



'Preventing Suicide: Reaching Out and Saving Lives' **Canadian Counselling and Psychotherapy Association Acknowledges World Suicide Prevention Day**

OTTAWA (September 10, 2015) Today, the Canadian Counselling and Psychotherapy Association (CCPA) is acknowledging World Suicide Prevention Day. This year, the theme "Preventing Suicide: Reaching Out and Saving Lives" was announced by the International Association for Suicide Prevention (IASP).

According to the recently released World Health Organization (WHO) report: *Preventing Suicide: A Global Imperative*, over 800,000 people die by suicide across the world each year. "The report notes that this estimate is conservative, with the real figure likely to be higher because of the stigma associated with suicide, lack of reliable death recording procedures, and religious or legal sanctions against suicide in some countries," said the IASP.

"This is a real crisis across the world, as well as in Canada," said CCPA President, Natasha Caverley. "Every day, approximately 11 people die by suicide in our country. 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."

Today, Canadians are invited to join others around the world who are working together to find common ground on suicide prevention. "CCPA is asking Canadians to check in on a loved one who they are concerned are struggling," added Caverley. "Offer a listening ear, show support and offer solutions for professional 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 coping with the loss of a loved one by suicide.

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, 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.

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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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