



National Addictions Awareness Week Shines Light on Those Struggling with Overcoming Addiction Obstacles

OTTAWA (November 16, 2015) Today, the Canadian Counselling and Psychotherapy Association (CCPA) is acknowledging National Addictions Awareness Week.

Every year, likeminded organizations from across the country observe National Addictions Awareness Week (NAAW) as a way of highlighting the concerns as well as interventions available to help those dealing with alcohol, drug and other addictions such as gambling. Canadians are encouraged to dialogue and learn more about substance abuse as it relates to prevention, treatment and recovery while also brainstorming on how to improve timely and accessible services for those dealing with addiction issues.

This year's theme is "Addiction Matters". According to the Canadian Centre on Substance Abuse (CCSA), who leads NAAW, addiction is a chronic health condition that affects individuals, families and communities. CCSA positively points out that addictions are preventable and treatable, and long-term recovery is attainable and sustainable.

According to CCSA, substance abuse also has negative effects on national healthcare and public safety systems, as well as the economy. It is currently estimated that substance abuse costs Canadians over \$40 billion per year.

"CCPA proudly acknowledges and supports National Addictions Awareness Week," said CCPA President Natasha Caverley. "Our members, many of whom are Canadian Certified Counsellors (CCCs) can play a pivotal role in providing timely and accessible mental health interventions for those struggling with addiction or for those whose loved ones are struggling."

If you are looking for therapeutic support, Canadians are encouraged to visit www.ccpa-accp.ca, where you can search for a CCC in your region. Members of the public can also find authoritative information and related resources about the profession of counselling and psychotherapy by visiting CCPA's public website, www.talkingcanhelp.ca.

Follow the conversation surrounding National Addictions Awareness Week on Twitter through the hashtag #NAAWCanada in English and #SNSTCanada in French.

-30-

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.



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

For further information, please contact:

Emily Reid, Office: (613) 233-8906, emily@impactcanada.com