



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

Racism and Mental Health Intricately Linked

Canadian Counselling and Psychotherapy Association Supports International Day for the Elimination of Racial Discrimination

OTTAWA (March 21, 2016) Today, the Canadian Counselling and Psychotherapy Association (CCPA) is acknowledging International Day for the Elimination of Racial Discrimination. A worldwide event held annually by the United Nations, International Day for the Elimination of Racial Discrimination focuses the world's attention on the consequences of racial inequality and reminds its citizens that they have both the responsibility and the power to combat it.

"International Day for the Elimination of Racial Discrimination provides an opportunity to reaffirm our commitment to eliminate all forms of discrimination. It is an occasion to make a dedicated effort to create communities that are inclusive where all citizens can live in dignity, equality, and peace," said Dr. Natasha Caverley, President of the CCPA. "Racial and ethnic discrimination continue to cause disadvantage and marginalization among people and are evident in disproportional poverty rates and limited access to power, justice, education, physical and mental health."

International Day for the Elimination of Racial Discrimination is supported by various activities and events arranged around the world in support of generating awareness for global justice and equality, and for the elimination of any aspect of social structures or organizational practices that contribute to domination or oppression regardless of ethnicity or race

"Racial discrimination can be devastating to one's mental health," continued Caverley. "According to the Canadian Mental Health Association, individuals that are victims of racism will often have issues with stress, low self-esteem, anxiety and depression. CCPA counsellors and psychotherapists aim to be globally literate and culturally competent professionals who possess the awareness, knowledge, and skills to actively address challenges of human rights, peace and justice that impact the mental health and well-being of diverse individuals and groups."

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.

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.

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