

National Mental Health Week Brings Important Attention to Mental Health Issues in Canada

OTTAWA (May 2, 2016) Today, the Canadian Counselling and Psychotherapy Association (CCPA) acknowledges and supports National Mental Health Week, an annual national event that takes place in early May. During the week of May 2-8 this year, National Mental Health Week serves to the betterment of all things that relate to mental health.

“National Mental Health Week is an extremely important time of the year for all Canadians given the multitude of mental health issues affecting so many people across the country,” said Dr. Natasha Caverley, CCPA President. “Despite the amazing advancements that we have had on mental health awareness in recent years, we still have a long way to go. There is still a large number of Canadians who fear the stigmas surrounding mental health issues. We need to continue to reach out and advocate for a better state of health care for all Canadians.”

National Mental Health Week focuses on encouraging Canadians from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health. This week provides a chance to spark more conversation about all things mental health amongst Canadians, and subsequently, the world.

“This week offers the perfect opportunity for Canadians to share their personal experiences with mental health, and to inform the nation about the programs that have been made available for them,” added Dr. Caverley. “At CCPA, we hope to see continued growth in awareness and support for mental health and mental illnesses throughout this important week and into the rest of the year.”

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.

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