

Mental Health and Well Being Takes Center Stage for International Day Against Homophobia, Transphobia & Biphobia

OTTAWA (May 17, 2016) Today, the Canadian Counselling and Psychotherapy Association (CCPA) acknowledges and supports the International Day Against Homophobia, Transphobia & Biphobia, along with this year's theme: Mental Health and Well-Being.

"Because of public persecution, discrimination and social stigmas felt by the LGBTQI community, the coming out process is, more often than not, an extremely difficult one that is hard on their mental health state," said Dr. Natasha Caverley, CCPA President. "Because of this, it comes as little surprise that suicide rates in the LGBTQI youth population are much higher than average."

The International Day Against Homophobia, Transphobia & Biphobia is recognized annually and was initially created to draw the attention of policymakers, opinion leaders, social movements, the public and the media to the violence and discrimination experienced by LGBTI people internationally. In recent years, May 17 has established itself as the single most important date for LGBTI communities to mobilize on a worldwide scale.

"At the CCPA, we are pleased to see that this year's theme of mental health and well-being is taking priority," continued Dr. Caverley. "We encourage all Canadians, and individuals around the world who feel pressured and stigmatized, to contact someone for help."

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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