



Schizophrenia: a Serious Mental Illness Affecting an Estimated 300,000 Canadians

OTTAWA (May 24, 2016) Today, the Canadian Counselling and Psychotherapy Association (CCPA) acknowledges and supports Schizophrenia Awareness Day. This day offers an important opportunity to bring greater awareness to schizophrenia, and to show support for those affected by the illness.

Schizophrenia is a severe mental disorder that makes it difficult to distinguish between what is real and unreal, think clearly, manage emotions, relate to others, and function normally. Symptoms of schizophrenia usually start between ages 16 and 30 and affect approximately 300,000 Canadians. Although schizophrenia is a chronic disorder, there is help available. With support, medication, and therapy, many people with schizophrenia are able to function independently and live fulfilling lives.

"While long-term treatment may be required, the outlook for schizophrenia is not hopeless. When treated properly, many people with schizophrenia are able to enjoy life and function within their families and communities," said Dr. Natasha Caverley, President of CCPA. "Although the causes of schizophrenia are not fully known, it appears that schizophrenia usually results from a complex interaction between genetic and environmental factors that first show during emergent adulthood."

Each year on May 24th, Schizophrenia Societies from Canada, and from around the world, join together to encourage everyone to raise awareness, talk, and learn about schizophrenia and psychosis to reduce stigma.

"Advocating for better services for people with schizophrenia and their families on a local, provincial and national level must be made a top priority in Canada," continued Caverley. "We can improve the lives of those who are affected by schizophrenia and psychosis through the improvement of mental health legislation, facilitating better access to health care, improving treatment of schizophrenia, promoting research to find the precise causes and an eventual cure for schizophrenia; and addressing relevant issues of importance to caregivers, families, and individuals."

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 further information, please contact:

Cynthia Waldmeier, Public Relations

Telephone: 613-233-8906, cellphone: 613-894-2128

Email: ccpa@impactcanada.com