



National Mental Health Week Shines a Spotlight on Mental Health Issues Faced by Canadians

OTTAWA (May 1, 2017) Today is the first day of National Mental Health Week, an annual awareness raising initiative focused on bringing greater attention to mental health issues in Canada. The Canadian Counselling and Psychotherapy Association (CCPA) recognizes the importance of this week given the multitude of mental health issues which effect hundreds of thousands of people across the country.

“Whether it is depression, stress at work or anxiety at home, mental health can impact almost any Canadian family at a given time across the lifespan,” said Dr. Natasha Caverley, President of CCPA. “An estimated 20% of Canadians will personally experience a mental illness in their lifetime and National Mental Health Week provides a perfect opportunity to shine a light on some of the issues people often struggle with in silence.”

While mental health has been receiving greater attention over the past several years, it is still of critical importance that awareness events exist to bring more heightened responsiveness to the issues many Canadians face on a daily basis.

“Mental health is something which encompasses so many different things, including addiction,” said Dr. Caverley. “As we’ve seen by reports in the media, addiction and the opioid health crisis are impacting Canada at an extremely alarming rate. National Mental Health Week provides an opportunity to talk more openly about some of the mental health issues, including addiction, impacting and influencing our communities and the people within them who need 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. For more information on the counselling and psychotherapy profession, please visit www.ccpa-accp.ca or www.talkingcanhelp.ca.

Contact:

Cynthia Waldmeier, Public Relations

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

Email: ccpa@impactcanada.com