

World Suicide Prevention Day and Understanding Why Suicide is One of the Leading Causes of Death in Canada

OTTAWA (September 8th, 2017) This Sunday, the Canadian Counselling and Psychotherapy Association (CCPA) will recognize World Suicide Prevention Day, a day which aims to bring communities and organizations together to collectively work and to speak up about the occurrence of suicide, and promote prevention strategies. World Suicide Prevention Day is annually recognized on September 10th, and is supported through candid conversations about mental illness.

“It is our hope that in raising this necessary awareness and having these difficult conversations, there will be a reduction in suicide attempts and ultimately, lower overall suicide rates,” said John Driscoll, CCPA National President. “With combined efforts, it is possible to reduce the extreme emotional stress of suicide and suicide attempts on friends, families and on the individuals who have tried or taken their own lives.”

Statistics Canada identified suicide as one of the top ten leading causes of death in Canada with it being responsible for approximately 4,000 deaths each year. According to the Canadian Association for Suicide Prevention, 11 people will die by suicide each day, and 210 others will attempt suicide. Suicide is clearly an issue of concern for Canadians.

“Open ears and open arms are the first step to prevention,” continued Driscoll. “Providing supportive environments for those around us will help those in need feel comfortable coming forward with their struggles. Ending the stigma behind mental illness and suicidal thoughts begins with empathy, combined with the proper mental health resources.”

If you are looking for professional support, please visit 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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