



## **School Counselling a Vital Aspect of Student Mental Health**

*Canadian School Counselling Week Will Run from February 5<sup>th</sup>-9<sup>th</sup>*

OTTAWA (February 5, 2018) Today, the Canadian Counselling and Psychotherapy Association (CCPA), in collaboration with its School Counsellors Chapter, launches the annual Canadian School Counselling Week. This week recognizes the contributions of the school counselling profession to the personal, social, educational, and career development, and the mental health and well being, of all students in Canada.

“School counsellors are playing a more important role in schools now more than ever,” said Ariel Haubrich, President of the CCPA School Counsellors Chapter. “While counsellors have always been busy in serving the needs of students, with the increasing usage of social media at a younger age, and with issues involving bullying being more visible, it’s been important that schools have qualified supports available to help as needed.”

School counsellors work in schools from coast to coast to coast and provide important assistance to students struggling with mental health issues. School counsellors can make a positive difference in the lives of children, youth and their families, both as professionals working in the school system, and as part of student support teams and referral agents.

“It has been encouraging to see the stigma on mental health supports really diminishing, which in turn helps support students who want or need to seek help from a counsellor at their school,” said John Driscoll, CCPA National President. “We are hopeful that this trend will continue and students of all ages will feel empowered to seek support if and when they need it.”

School counsellors also play an important role providing career guidance for students. In a rapidly changing workforce environment and an increasingly mobile society, educational planning and career development is key when supporting students with life-planning, goal-planning, and transitioning to new labour and employment realities in Canada.

“Career development continues to be an essential component of a school’s Comprehensive Guidance and Counselling Program,” said Dr. Janice Graham-Migel, Chair of the Chapter’s National School Counselling Committee. “Assisting students with their long-range goals and preparation for post-secondary education and careers is significant in a school counsellor’s scope of practice.”

Canadian School Counselling Week is a collaborative effort by CCPA, School Counsellors Chapter, and the regional school counselling associations and ministries/departments of education in each province and territory. To join the conversation on Twitter, follow @CCPA\_ACCP and use #CSCW and #SCCS. For more information, please visit the School Counsellors Chapter website at [www.ccpa-accp.ca/chapters/school-counsellors/](http://www.ccpa-accp.ca/chapters/school-counsellors/)



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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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