



## Impacts of Mental Health in Canada



# 1 in 5

Canadians Experience a Mental Health Problem or Illness<sup>1</sup>

Costing Our Economy **\$50 Billion+<sup>1</sup>** Annually



# 4,000 Canadians

Die Every Year as a Result of Suicide<sup>2</sup>  
Most Were Confronting a Mental Health Problem or Illness



CANADIAN COUNSELLING AND PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE COUNSELING ET DE PSYCHOTHÉRAPIE

## Canada's Leading Association for Counselling and Psychotherapy

With over 6,000 professionally trained counsellors and psychotherapists, the **Canadian Counselling and Psychotherapy Association (CCPA)** is excited to be part of a move to expedite much needed access to mental health care.

### What can counselling help you with?



Mental Health



Psychological Illness or Distress



Personal Growth



Career Development



Wellness



Relationships

### Did you know that counselling and psychotherapy are statutorily regulated?



Counsellors and psychotherapists have extensive education that includes a minimum of a master's level training.



CCPA provides a national certification program: the Canadian Certified Counsellor (CCC).

The counselling and psychotherapy profession is statutorily regulated in four provinces:

**Nova Scotia**  
**RCT**  
Registered  
Counselling Therapist

**New Brunswick**  
**LCT**  
Licensed  
Counselling Therapist

**Ontario**  
**RP**  
Registered  
Psychotherapist

**Quebec**  
**Psychotherapy Permit**

©2018 4 provinces were regulated at time of publication.

Full reference list available at: [www.ccpa-accp.ca/wp-content/uploads/2018/02/CCPA-Infographic-References-1-1.pdf](http://www.ccpa-accp.ca/wp-content/uploads/2018/02/CCPA-Infographic-References-1-1.pdf)

For more information, visit [ccpa-accp.ca](http://ccpa-accp.ca)



## Impacts of Mental Health in the Workplace

By Age 40  
**50%**  
of Canadians<sup>1</sup>  
Will Have / Had a Mental Illness

**500,000+**  
Employed Canadians<sup>3</sup>  
Miss Work on Any Given Week  
Due to Mental Health Problems

Mental Health Problems  
Account for Approximately  
**30%** Short- & Long-term  
Disability Claims  
**70%** of the Cost<sup>1</sup>

**\$6 Billion+**  
in Lost Productivity Costs  
Due to Absenteeism  
and Presenteeism<sup>1</sup>

<sup>1</sup>Smetanin et al, 2011

<sup>2</sup>Statistics Canada, 2015

<sup>3</sup>Dewa, Chau & Dermer, 2010

<sup>4</sup>Mental Health Commission of Canada, 2014

<sup>5</sup>Sunderland & Findlay, 2013



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## Innovation in Delivering Care



The opportunities for the advancement of e-mental health in Canada are enormous, as are the potential benefits for all Canadians.<sup>4</sup> Some counsellors and psychotherapists offer e-mental health or virtual care across Canada meaning their services and support are available anywhere at anytime from a phone, laptop or other electronic device.

## Access to Care



**Counselling is the Most Prevalent But Least Likely Fulfilled Need** of the 4 types of mental health care needs

identified in the 2012 Canadian Community Health Survey.<sup>5</sup> Counsellors and psychotherapists are in a position to assist in reversing this trend.



**Wait Times for Mental Health Services are a Major Problem in Canada** causing potentially negative

consequences for those seeking help. Expanding services to include counsellors and psychotherapists results in greater access to much needed mental health care and in turn a reduction in wait times.



**It is Critical to Utilize the Most Appropriately Trained Mental Health Professionals** either as

individual practitioners or as members of multi-disciplinary teams. The role of counsellors and psychotherapists is complementary to the work of other service providers. Including this resource in the continuum of care helps address the shortage, growing demand and increasing cost of mental health services.



**Counsellors and psychotherapists provide one of the most cost-effective mental health services available** at a typical range of \$70 - \$150 per session.\*

\*Fee range is affected by region and clientele.



**Ready to address the needs of today's diverse workforce,** counsellors and psychotherapists are trained

to deliver culturally appropriate services.

Full reference list available at: [www.ccpa-accp.ca/wp-content/uploads/2018/02/CCPA-Infographic-References-1-1.pdf](http://www.ccpa-accp.ca/wp-content/uploads/2018/02/CCPA-Infographic-References-1-1.pdf)

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