



Economic Burden of Mental Health Issues in Canada Over \$50 billion Annually *National Mental Health Week and the Need to Recognize Huge Impact Mental Health Has on Canada's Economy*

OTTAWA (May 7, 2018) 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 and believes it provides an important opportunity for people across the country to feel encouraged should they want to seek professional support for a mental health issue.

“Believe it or not, one in five Canadians experience a mental health problem or illness in their lifetime,” said John Driscoll, CCPA National President. “National Mental Health Week is an important event in that it brings greater attention to the fact that so many people in this country need professional supports available to them to ensure they get the help they need.”

Not only does mental health impact a significant percentage of Canada's population, its financial reach is similarly massive. Estimates on how the economy is affected, particularly in terms of lost productivity from those experiencing mental health issues like depression, are immense.

“The economic burden of mental health issues in Canada is estimated at over \$50 billion annually” concluded Driscoll. “Providing timely, accessible, and appropriate mental health care is essential. CCPA and its members are available to help, from dealing with psychological illness or distress to personal growth and relationships. Counsellors and psychotherapists provide one of the most cost-effective mental health services available, and have extensive education to help those in need.”

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

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