

Canada Must Do More to Combat Homophobia, Transphobia and Biphobia

OTTAWA (May 17th, 2018) - Today, the Canadian Counselling and Psychotherapy Association (CCPA) recognizes the International Day Against Homophobia, Transphobia and Biphobia (IDAHOT), a worldwide day of celebration of sexual and gender diversity that is focused on raising awareness against discrimination based on gender and sexual orientation. IDAHOT is annually recognized on May 17th, and is supported through candid conversation about mental illness.

“Our organization recognizes the necessity of raising awareness on this topic and having difficult conversations surrounding the challenges facing the LGBTTTQQI2+ community,” said John Driscoll, CCPA’s National President. “When we shed light on homophobia and transphobia, we increase our awareness of the mental strain that homophobia and transphobia has on its victims, and move towards a more tolerant society.”

Statistics Canada found that 6 in 10 reported crimes motivated by hatred of sexual orientation were violent, with only 4 in 10 victims reporting an injury. It is also disheartening that 47% of victims reported the crimes being motivated by acquaintances and family members. LGBTTTQQI2+ people also face higher rates of depression, anxiety, self-harm, and suicidal thoughts and attempts, as well as other forms of mental illness.

“Looking out for the LGBTTTQQI2+ members in our community is crucial,” continued Driscoll. “Providing a supportive and accepting environment creates a safer space to come forward with challenges, and could even mean saving a life. Addressing mental illness, suicide and hate crimes against LGBTTTQQI2+ persons begins with tolerance, combined with proper mental health support and 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.

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 further information, please contact:

Cynthia Waldmeier, CCPA Media Relations
Telephone: 613-233-8906
Email: ccpa@impactcanada.com