



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

International Day of the World's Indigenous People: Mental Health Must be a Priority

OTTAWA (August 9, 2018)- Today marks the 24th annual International Day of the World's Indigenous Peoples, which is recognized by the United Nations (UN) and seeks to promote and protect the rights of the world's Indigenous peoples. The Canadian Counselling and Psychotherapy Association (CCPA) recognizes the unique challenges faced by Indigenous peoples, both at home and abroad, and is committed to doing its part to ensure the protection and dignity of the world's Indigenous populations.

"In June, we celebrated National Indigenous Peoples Day in Canada. Today, we are part of a globally-focused movement. Recognizing the rights of Indigenous peoples across the world, and actively serving as allies and advocates alongside our partners, is an important step in the right direction both from a Canadian perspective, and from an international lens. Communities with protected rights are healthier communities," said John Driscoll, CCPA National President

Indigenous peoples make up approximately 5% of the total world population, and they are among the poorest 15%. In Canada, the cultural loss and dislocation resulting from the residential school system along with other forms of colonial trauma such as forced relocation and the Sixties Scoop, manifests in unresolved grief, loss of cultural identity, high rates of anxiety, depression, and post-traumatic stress disorder, substance abuse, and suicide. These historical and ongoing forms of colonization have contributed to mental health challenges for First Nations, Inuit, and Métis peoples which, in turn, have profoundly affected Indigenous communities. CCPA has an [issue paper](#) that examines the urgent need to increase and improve mental health services for Indigenous peoples in Canada.

"Because of the increased barriers to mental health services that our Indigenous population faces, we continue to make the work of our Indigenous Circle Chapter a priority" said Jamie Warren, National Indigenous Director of CCPA. "Around the world, there are approximately 370 million Indigenous people living across 90 countries and although there have been recent efforts in Canada through formal apologies and investments in communities, we know there are specific actions our country can take to better address the intergenerational traumas and access to mental health services. Currently, the Indigenous Circle Chapter promotes educational opportunities and provides a network for Indigenous counsellors and non-Indigenous counsellors who work with Indigenous clients, families, and communities."

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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