



## World Suicide Prevention Day

### Suicide still one of the leading causes of death for young people in Canada

**OTTAWA (September 10, 2018)** Today is World Suicide Prevention Day, a day which aims to raise awareness about the high rates of suicide and how it can be prevented. The Canadian Counselling and Psychotherapy Association (CCPA) is proud to recognize this day and understands the important role mental health professionals continue to play in helping save lives and ending the stigma surrounding mental illness and suicide.

“Suicide is one of the leading causes of death in Canada, and the second leading cause of death for those aged 15-34” said John Driscoll, CCPA National President. “It affects Canadians of all backgrounds and orientations, and is found to be higher amongst men, Indigenous peoples and those in the LGBTTTQQI2+<sup>1</sup>community.”

This annual campaign is organized by the International Association for Suicide Prevention (ISAP) which is dedicated to suicide prevention and to the alleviation of the effects of suicide. Alongside ISAP, individuals and organizations come together from across the world to raise awareness about the realities of mental illness and suicide prevention, through social media, education, and community events. ISAP also provides valuable resources on how to navigate conversations around mental illness and suicide.

“As an organization that continues to advocate for more timely and accessible mental health services, we recognize that within our profession we have a responsibility to take part in this global initiative” continued Driscoll. “Today, the focus should be on the ways to provide access to the right resources and make it easier for people to have conversations with someone they may be concerned about.”

If you are looking for therapeutic support, go to [www.ccpa-accp.ca](http://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](http://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](http://www.ccpa-accp.ca) or [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca)

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<sup>1</sup> Note: “LGBTTTQQI2+” stands for Lesbians, Gay, Bisexual, Transgendered, Transsexual, Queer, Questioning, Intersex, Two-Spirited.



CANADIAN COUNSELLING AND  
PSYCHOTHERAPY ASSOCIATION

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