

Mental Illness Awareness Week shines light on a stigmatized social issue facing Canadians

Ottawa

(October 1, 2018)

Today marks the first day of Mental Illness Awareness Week (MIAW), an annual awareness initiative focused on shining light on mental illness and the importance of open dialogue, diagnosis, and treatment. The Canadian Counselling and Psychotherapy Association (CCPA) recognizes the importance of focusing on the prevalence of mental illness across the country.

“Every year, there is \$6 billion+ in lost productivity costs due to absenteeism and presenteeism in our country,”

- John Driscoll, President of CCPA



“People still aren’t getting the proper diagnoses or the access to timely and accessible mental health and wellness-related supports that are needed for a productive and healthy country.” continued Driscoll. “Much of this remains due to lingering stigmatization around being unwell with mental illness and seeking help.”

As an organization that is committed to the mental health and well-being of all Canadians, CCPA acknowledges that MIAW provides an opportunity to have open dialogue about mental health issues, including addiction and how we can do better to address those issues and work toward ending the stigma.

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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