



School Counsellors Vital to Supporting Youth Mental Health Needs *Canadian School Counselling Week Takes Place February 4-8, 2019*

OTTAWA (February 4, 2019) The Canadian Counselling and Psychotherapy Association (CCPA), in collaboration with its School Counsellors Chapter, is proud to recognize the fifth annual Canadian School Counselling Week, February 4-8. This week recognizes the school counselling profession. School counsellors work in schools across the country and provide assistance to students struggling with mental health issues.

“School counsellors play a vital role in supporting student success,” said Lisa Zanyk, President of the CCPA School Counsellors Chapter. “We know that more than two-thirds of adults living with a mental health problem report that symptoms first appeared in their youth. Early intervention can have a significant impact by increasing opportunities for positive change and wellbeing, reducing the impact of critical incidents, and interrupting the negative course of some mental illnesses.”

“It has been encouraging to see the importance placed on mental health supports and counselling within the school system from coast to coast to coast,” said John Driscoll, CCPA National President. “Through comprehensive and developmental school counselling programs, school counsellors can make a positive difference in the lives of students, both as independent professionals, and as part of student support teams and referral agents.”

In a rapidly changing workforce environment and an increasingly mobile society, educational planning and career development is key when supporting students with life-planning, goal-planning, and transitioning to new labour and employment realities in Canada. “Career development continues to be an essential component of a school’s Comprehensive School Counselling Program and Practice,” said Janice Graham-Migel, Chair of the Chapter’s National School Counselling Committee. “Assisting students with their long-range goals and preparation for post-secondary education and careers is significant in a school counsellor’s scope of practice.”

Canadian School Counselling Week is a collaborative effort by CCPA, School Counsellors Chapter, and the regional school counselling associations and Ministries/Departments of Education in each province and territory. To join the conversation on Twitter, follow @CCPA_ACCP and use #CSCW and #SCCS. For more information, please visit the School Counsellors Chapter website at www.ccpa-accp.ca/chapters/school-counsellors/.

-30-

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.

Media Enquiries:

Emily Gale, Public Relations

Telephone: 613-233-8906 Email: ccpa@impactcanada.com