



Employers Are Stepping Up to Support the Mental Wellness of Employees

500,000 employed Canadians miss work any given week due to mental health problems

Vancouver (May 6, 2019) Today is the first day of National Mental Health Week, an annual awareness raising initiative focused on bringing greater attention to mental health issues in Canada. The Canadian Counselling and Psychotherapy Association (CCPA) recognizes the importance of this week and believes it provides an opportunity to discuss the mental wellness of all Canadians especially those who want to seek professional support for mental health reasons.

“The reality right now is that 1 in 5 Canadians experience a mental health problem or illness in their lifetime,” said John Driscoll, CCPA National President. “One of the issues that we have been seeing in our profession is a lack, or limited coverage, of counselling and psychotherapy services under private benefit plans. Employers are now taking it upon themselves and working with insurance companies to extend mental health coverage so employees are not required to pay out of pocket.”

Though Canada has a robust universal healthcare system, therapy is not often covered by the federal or respective territorial/provincial governments. Individuals typically rely on their private plans for extended coverage of these services; however, in many cases the coverage does not exist. Employers have a responsibility to provide appropriate and accessible mental health care coverage.

“With the economic burden of mental illness in Canada estimated at over \$50 billion annually, providing access to mental health care for employees is essential,” said Driscoll. “It is best practice to offer coverage upfront. CCPA, with the support of our members, works with insurance companies to offer mental health resources for employers and employees for a more robust mental health solution.”

Some of the benefits of having mental health services, including those provided by counsellors and psychotherapists, in benefits plans include:

- Attraction and retention of employees – prospective employees are looking for mental health and well-being benefits and workplace health and safety cultures that see this as important;
- Opportunity for employers to be seen and known as a top employer;
- Positive impact to bottom line when employees are not missing work due to mental health problems.

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 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.



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

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*For more information on the counselling and psychotherapy profession, please visit www.ccpa-accp.ca
or www.talkingcanhelp.ca*

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