



CANADIAN COUNSELLING AND  
PSYCHOTHERAPY ASSOCIATION  
L'ASSOCIATION CANADIENNE DE  
COUNSELING ET DE PSYCHOTHÉRAPIE

## International Day of the World's Indigenous Peoples

OTTAWA (August 9, 2019) Today, marks International Day of the World's Indigenous Peoples. August 9<sup>th</sup> signifies the day of the first meeting of the UN Working Group on Indigenous Populations, in 1982.

"We encourage the spread of the UN's message on the protection and promotion of the rights of Indigenous peoples everyday, and especially today," said Jamie Warren, National Indigenous Director of CCPA. "CCPA is dedicated to improving the mental health of Indigenous peoples in Canada and continually strives to find ways to help meet needs in the area of holistic health and wellbeing."

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's [issue paper](#) examines the urgent need to increase and improve mental health services for Indigenous peoples in Canada.

"CCPA's Indigenous Circle Chapter provides an Indigenous voice in the Association — raising awareness and creating a network for Indigenous and non-Indigenous counsellors to work together," Warren said.

The ICC provides opportunities for members to share effective practices and resources so that networks can build and expand upon collective knowledge in an Indigenous context, and contribute to the evolution of this field within mental health.

Recognizing the importance of mental health to all Canadians and the presence of mental illness nationwide, CCPA recommends that dedicated and targeted investments be provided for more equitable access to mental health services to First Nations, Métis and Inuit peoples, their families and communities, by qualified professionals – including both counsellors and psychotherapists.

"Indigenous Peoples in Canada are the fastest growing population in the country. As the population continues to rise, the need for community-based mental health services will also increase," Warren concluded. "CCPA is committed to its continued work to raise awareness about the urgent need to increase and improve mental health services for Indigenous peoples in Canada."

*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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