



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Counsellors and Psychotherapists Mark 2019's World Suicide Prevention Day

OTTAWA (September 10, 2019) Today, we recognize World Suicide Prevention Day, an impactful day which raises awareness about the risks of suicide and discusses prevention activities. The Canadian Counselling and Psychotherapy Association (CCPA) proudly recognizes the significance of this day and acknowledges the important role mental health professionals play in helping save lives.

4,000 Canadians die every year as a result of suicide, according to Statistics Canada. Many of these individuals were dealing with a mental health problem or illness. Death by suicide is found to be higher among men, Indigenous Peoples, and those in the LGBTQ2+ community.

“Death by suicide affects Canadians of all backgrounds, and we as a society need to help those most at risk,” said George Maringapasi, CCPA Director for Nova Scotia. “We recognize that suicide is a significant problem in our society and that we have a responsibility in our profession to take part in this global initiative.”

World Suicide Prevention Day is an annual campaign organized by the International Association for Suicide (ISAP) which is dedicated to suicide prevention and to alleviating the effects of suicide. In conjunction with ISAP, individual organizations from across the world, including CCPA, come together to educate the public on the realities and complexities of mental illness and suicide prevention. The campaign accomplishes its goals through social media, public awareness campaigns, a strong digital presence, and community events.

“Our organization continues to advocate for more timely and accessible mental health services across Canada. We want to ensure people get access to the right resources,” said Siri Brown, CCPA Director for British Columbia and the Yukon.

If you or someone you know is looking for support, please go to www.ccpa-accp.ca where you can learn more about CCPA and search for a counsellor or psychotherapist in your region.

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.

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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.



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