



Workplace Mental Health by the Numbers



1 in 5

Canadians Experience
a Mental Health
Problem or Illness¹

Mental Illness Costs
Canadian Employers Over
\$20 Billion²
Annually

Due to Losses Related to Turnover,
Absenteeism, Presenteeism,
and Drug Cost

Mental Health Problems
and Illnesses are the
Leading Causes
of Disability in Canada,
Affecting Almost
7 Million
Working Age Adults²



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Canada's Leading Association for Counselling and Psychotherapy

With over 7,000 professionally trained counsellors and psychotherapists, the **Canadian Counselling and Psychotherapy Association (CCPA)** is excited to be part of a move to expedite much needed access to mental health care.

What can counselling help you with?



Mental
Health



Psychological
Illness or
Distress



Personal
Growth



Career
Development



Wellness



Relationships

Did you know that counselling and psychotherapy are statutorily regulated?



Counsellors and psychotherapists have extensive education that includes a minimum of a master's level training.



CCPA provides a national certification program:
the Canadian Certified Counsellor (CCC).

The counselling and psychotherapy profession is statutorily regulated in four provinces, with a fifth in progress:

Nova Scotia
RCT
Registered
Counselling Therapist

New Brunswick
LCT / CTA
Licensed Counselling Therapist /
Conseiller-thérapeute agréé

Ontario
RP
Registered
Psychotherapist

Quebec
PP
Psychotherapy
Permit

Alberta
CT
Counselling
Therapist
(In Progress)

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Full reference list available at: www.ccpa-accp.ca/wp-content/uploads/2019/10/CCPA-Infographic-References.pdf

For more information, visit ccpa-accp.ca



By Age 40
50%
of Canadians¹
 Will Have / Had a Mental Illness

Burn-Out
 is Now Classified as an
“Occupational Phenomenon”
 Resulting from Chronic
 Workplace Stress ⁵

Mental Health Problems
 Account for Approximately
30% Short- & Long-term
 Disability Claims
70% of the Cost¹

500,000+
 Employed Canadians
 Miss Work on any
 Given Week Due to
Mental Health Problems⁶

¹Smetanin et al, 2011

²Mental Health Commission of Canada, 2018

³Mental Health Commission of Canada, 2014

⁴Sunderland & Findlay, 2013

⁵World Health Organization, May 2019

⁶Dewa, Chau & Dermer, 2010



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Innovation in Delivering Care



The opportunities for the advancement of e-mental health in Canada are enormous, as are the potential benefits for all Canadians.³ Some counsellors and psychotherapists offer e-mental health or virtual care across Canada meaning their services and support are available anywhere, at anytime, from a phone, laptop or other electronic device.

Access to Care



Counselling is the Most Prevalent but Least Likely Fulfilled Need of the 4 types of mental health care needs

identified in the 2012 Canadian Community Health Survey.⁴ Counsellors and psychotherapists are in a position to assist in reversing this trend.



Wait Times for Mental Health Services are a Major Problem in Canada potentially causing negative

consequences for those seeking help. Expanding services to include counsellors and psychotherapists results in greater access to much needed mental health care and in turn a reduction in wait times.



It is Critical to Utilize the Most Appropriately Trained Mental Health Professionals either as

individual practitioners or as members of multi-disciplinary teams. The role of counsellors and psychotherapists is complementary to the work of other service providers. Including this resource in the continuum of care helps address the shortage, growing demand and increasing cost of mental health services.



Counsellors and Psychotherapists Provide One of the Most Cost-Effective Mental Health Services Available at a typical range of \$70 - \$150 per session.*

*Fee range is affected by region and clientele.



Ready to Address the Needs of Today's Diverse Workforce, counsellors and psychotherapists are trained

to deliver culturally appropriate services.

Full reference list available at: www.ccpa-accp.ca/wp-content/uploads/2019/10/CCPA-Infographic-References.pdf

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