



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

## Celebrating the 2019 Mental Illness Awareness Week Campaign

**OTTAWA (October 7, 2019)** – This week, we celebrate Mental Illness Awareness Week (MIAW), an annual public campaign to spread awareness of the reality of mental illness. The campaign looks to inform Canadians about the importance of mental health, and how it should be treated as a health priority in Canada, a stance that the Canadian Counselling and Psychotherapy Association (CCPA) fully supports.

One in five Canadians will experience a mental health problem or illness at some point in their life. By age 40, 50% of Canadians will have or have had a mental illness. Even with these alarming statistics, mental illness is still not treated with parity – meaning that it is not treated equally to physical health issues – and is not receiving the support that is needed from the Canadian federal and provincial governments.

“Mental Illness Awareness Week has continued to spread the message that Canadians believe mental illness needs to be treated as a health priority,” said CCPA Past President John Driscoll. “The CCPA firmly believes that the continuation of this campaign can help push the government to begin making the necessary health care changes.”

MIAW was first established in 1992 and is now headed by the Canadian Alliance of Mental Illness and Mental Health ([CAMIMH](#)). This year’s MIAW campaign features an [interactive map](#) that pins where supporters are, in order to help show that no one should fight mental illness alone, and that Canadians care about mental health parity.

“Campaigns like the new [interactive map](#) help Canadians everywhere show their support for those who fight mental illness,” said CCPA Regional Director for New Brunswick, Meredith Henry. “It shows others who suffer that recovery is possible, and that there are Canadians who support them.”

For more information about Mental Illness Awareness Week, visit [www.camimh.ca](http://www.camimh.ca).

*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).

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