



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

MEDIA RELEASE – FOR IMMEDIATE RELEASE

Dealing with Mental Health and Wellness during COVID-19 – Canadians Need Support now More than Ever

OTTAWA, May 4th, 2020 – Today marks the first day of Mental Health Week, an awareness campaign focused on bringing attention to mental health and wellness issues across Canada. The Canadian Counselling and Psychotherapy Association (CCPA) proudly supports this week every year and wants to ensure Canadians feel supported in their mental health and wellness – now, more than ever.

“One in five Canadians experience a mental health problem or illness”, said Dr. Kathy Offet-Gartner, CCPA’s President-Elect. “With this global pandemic we can expect to see an increase in Canadians who are suffering and who need help, as these new conditions including isolation and the heightened inability to access services are experienced.”

A recent Statistics Canada survey found about 5.3 million Canadians needed support with their mental health within the past year. Dealing with an unprecedented crisis such as COVID-19 will take a toll on the anxiety and stress levels of many individuals. The CCPA has been in communication with government officials on how they can ensure counselling and psychotherapy services are made easily accessible to those who need them.

“We are hopeful that governments will respond with sufficient supports including initiatives and funding, and we are encouraged by the new Wellness Together Canada portal, and the increased funding for Kids Help Phone services, but there is still work to do,” said Carrie Foster, CCPA’s Quebec Anglophone Director.

“We also need to be planning ahead for the surge of Canadians who will inevitably reach out for support as daily lives start to return to normal, whenever that may be,” continued Foster. “For years, Canadians have had to wait too long to see a mental health service provider and mental health has been underfunded by the Federal Government. This needs to change, not just for the short-term future but for the long-term.”

CCPA is working to find solutions for offering counselling services virtually (visit www.ccpa-accp.ca for details). Many counsellors and psychotherapists offer e-mental health or virtual care across Canada utilizing methods to deliver support and services such as telephone, video, and text-based counselling.

“It is inspiring to hear stories of Canadians coming together during this time, whether it be checking in with a friend or family member through a text or a phone call or volunteering to help an at-risk neighbour,” added Rabeea Siddique, CCPA Ontario Anglophone Director. “It is important to support each other always, and Mental Health Week gives us an opportunity to strengthen these conversations.”

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.



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

-30-

[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 further information, please contact:

Madison Simmons, CCPA Media Relations

Telephone: 613-233-8906

Email: ccpa@impactcanada.com