



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Canada's Counsellors and Psychotherapists Recognize World Suicide Prevention Day

OTTAWA, ON (September 10, 2020) Today marks World Suicide Prevention Day (WSPD), a day which raises awareness about the risks of suicide and discusses prevention efforts. The Canadian Counselling and Psychotherapy Association (CCPA) recognizes the importance of this day and the significant role mental health professionals play in helping save lives.

“Counsellors and psychotherapists across Canada recognize the devastating effects death by suicide can have on families, friends, and communities,” said Dr Jenny Rowett, National President of CCPA. “Our members strive to help individuals struggling with mental illness, and we are proud to be a part of the conversation raising awareness about the risks of suicide.”

World Suicide Prevention Day is organized by the International Association for Suicide Prevention (IASP), and encourages understanding about suicide and those impacted by a suicide attempt or loss. The 2020 WSPD theme is “Working Together to Prevent Suicide.” This message marks the importance of communities everywhere coming together to recognize the impact of suicide and to strive to prevent it.

Globally, an approximate 800,000 people die by suicide each year, and according to Statistics Canada an approximate 4,000 Canadians die every year by suicide. Many of these individuals were dealing with a mental health problem or illness. In Canada, certain groups have higher rates of death by suicide including men, Indigenous Peoples, and those in the LGBTQ2+ community.

Organizations from around the world, including CCPA, come together with IASP to educate the public on the realities and complexities of mental illness and suicide prevention. The campaign endeavours to accomplish its goals through social media, public awareness campaigns, a strong digital presence, and community events.

“With the effects of the COVID-19 pandemic, many Canadians are struggling with their mental health now more than ever before,” said Meredith Henry, CCPA New Brunswick Anglophone Director. “We hope that this WSPD we come together to participate in important conversations surrounding suicide and mental illness, and that we are able to decrease stigmas.”

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.

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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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