



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

Canadian Counselling and Psychotherapy Association Recognizes World Suicide Prevention Day

OTTAWA, ON (September 10, 2021) Today marks World Suicide Prevention Day (WSPD), a day which raises awareness and understanding about suicide and discusses prevention efforts. The Canadian Counselling and Psychotherapy Association (CCPA) recognizes the importance of this day and the significant role that mental health professionals play in helping save lives.

3.4 million Canadians aged 12 and older suffer from suicidal thoughts each year, and each day in Canada, 10 people will die by suicide while up to 200 people will attempt to do so¹. Suicide is a public health issue in Canada, and ranked the 9th leading cause of death in this country for adults and the second leading cause of death for children and youth².

“Counsellors and psychotherapists across Canada recognize the pervasiveness of suicidal ideation and death by suicide,” said Dr. Kathy Offet-Gartner, 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. They will be hosting a free virtual [ONLINE EVENT](#) on Friday, September 10, 2021 at 2:00 PM EDT, in English with French subtitles, on this year’s theme of “**Creating Hope Through Action**”. Members of the public, organizations, and stakeholders can attend the event, which will feature presentations by a group of panelists who will share their unique experiences of suicide-related behaviours and actions and what was and wasn’t supportive to them during this time.

For every suicide death, there are 5 self-inflicted injury hospitalizations, 25-30 attempts, and 7-10 people profoundly impacted by suicide loss. These are countless other Canadians struggling to support a loved one battling suicidal thoughts. CCPA, and other organizations from around the world, come together with IASP to educate the public on the realities and complexities of mental illness and suicide prevention.

“Our profession is painfully aware of the impact of suicide on those directly suffering from suicidal thoughts, and the impact it has on loved ones and communities struggling to support them,” said Cynthia Schoppmann, CCPA Ontario Francophone Director. “Counsellors and psychotherapists are here to support anyone impacted by suicide.”

If you or someone you know is looking for support, please go to www.ccpa-accp.ca/find-a-canadian-certified-counsellor/ 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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¹ <https://suicideprevention.ca/page-18154>

² <https://www.canada.ca/en/public-health/services/publications/healthy-living/suicide-canada-infographic.html>