



Canadian Counselling and Psychotherapy Association Recognizes Mental Illness Awareness Week

OTTAWA, ON (October 3, 2021) Today marks the start of Mental Illness Awareness Week. As a member of the Canadian Alliance on Mental Illness and Mental Health (CAMIMH), the Canadian Counselling and Psychotherapy Association (CCPA) recognizes the importance of this week to help Canadians understand what it is like to live with mental illness.

There is no health without mental health, and the prevalence of mental health challenges experienced by Canadians is staggering. 20% of Canadians experience a mental illness or mental health issue in any given year, and by age 40, 50% will or have experienced a mental illness¹.

“We all know someone who has experienced a mental health challenge”, shares CCPA Ontario Francophone Director Cynthia Schoppman, “In order to support our family, friends, colleagues and community members, it’s essential that we understand what it’s like to live with mental health challenges, and the hurdles often experienced when trying to access mental health services in Canada”.

Each year the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) recognizes seven Canadians whose work has helped to advance the mental health agenda across the country. The annual [Champions of Mental Health Awards Gala](#), which everyone is welcome to attend virtually on Tuesday, October 5th at 7:00pm EDT, will recognize these incredible individuals.

“The Canadian Counselling and Psychotherapy Association congratulates these exceptional Champions of Mental Health, who are everyday Canadians that have made a real difference in breaking down stigma and advocating for improved access to mental health services”, says CCPA Ontario Anglophone Director Rabeea Siddique.

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 Canadian Mental Health Association, 2018