Impacts of Mental Health in Canada

Mental illness is experienced by 1 in 3 Canadians in their lifetime.

5.3 Million Canadians mentioned they needed some help for their mental health in the previous year.

Costing Our Economy $50 Billion+ Annually.

4,000 Canadians Die Every Year as a Result of Suicide. Most Were Confronting a Mental Health Problem or Illness.

Canada’s Leading Association for Counselling and Psychotherapy

With 11,000+ professionally trained counsellors and psychotherapists, the Canadian Counselling and Psychotherapy Association (CCPA) is excited to be part of a move to expedite much needed access to mental health care.

What can counselling help you with?

- Mental Health
- Psychological Illness or Distress
- Personal Growth
- Career Development
- Wellness
- Relationships

Did you know that counselling and psychotherapy are statutorily regulated?

Counsellors and psychotherapists have extensive education that includes a minimum of a master’s level training.

The counselling and psychotherapy profession is statutorily regulated in five provinces:

- Nova Scotia: RCT (Registered Counselling Therapist)
- New Brunswick: LCT (Licensed Counselling Therapist)
- Ontario: RP (Registered Psychotherapist)
- Quebec: Psychotherapy Permit
- Prince Edward Island: Registered Counselling Therapist

CCPA provides a national certification program: the Canadian Certified Counsellor (CCC), which indicates professional preparation and ethical practice comparable to that of regulated professions.

©2022. 5 provinces were regulated at time of publication.


For more information, visit ccpa-accp.ca
Innovation in Delivering Care

The COVID-19 pandemic has led to innovations in secure, effective and readily-available virtual counselling/psychotherapy services. 88% of surveyed therapists indicated that they had received training and support in online service delivery. This means that their services and support are available anywhere at any time from a phone, laptop or other electronic devices.

Access to Care

Counselling is the Most Prevalent But Least Likely Fulfilled Need of the 4 types of mental health care needs identified in the 2012 Canadian Community Health Survey. Counsellors and psychotherapists are in a position to assist in reversing this trend.

Wait Times for Mental Health Services are a Major Problem in Canada causing potentially negative consequences for those seeking help. Expanding services to include counsellors and psychotherapists results in greater access to much needed mental health care and in turn a reduction in wait times.

It is Critical to Utilize the Most Appropriately Trained Mental Health Professionals either as individual practitioners or as members of multi-disciplinary teams. The role of counsellors and psychotherapists is complementary to the work of other service providers. Including this resource in the continuum of care helps address the shortage, growing demand and increasing cost of mental health services.

Counsellors and psychotherapists provide one of the most cost-effective mental health services available at a typical range of $70 - $150 per session.*

Ready to address the needs of today’s diverse workforce, counsellors and psychotherapists are trained to deliver culturally appropriate services.

*Fee range is affected by region and clientele.


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