

Impacts of Mental Health in Canada

Mental illness is experienced by

1 in 3

Canadians in their lifetime²



5.3 Million

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

Costing Our Economy \$50 Billion+¹ Annually

4,000 Canadians

Die Every Year as a Result of Suicide²
Most Were Confronting a Mental Health Problem or Illness



CANADIAN COUNSELLING AND PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE COUNSELING ET DE PSYCHOTHÉRAPIE

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

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Full reference list available at: www.ccpa-accp.ca/wp-content/uploads/2022/03/CCPA-Infographic-References-v2.pdf

For more information, visit ccpa-accp.ca



Impacts of Mental Health in the Workplace

By Age 40
50%
of Canadians¹
Will Have / Had a Mental Illness

500,000+
Employed Canadians³
Miss Work on Any Given Week
Due to Mental Health Problems

Mental Health Problems
Account for Approximately
30% Short- & Long-term
Disability Claims
45% of the Cost⁶
Between 2014 and 2019,
long-term disability (LTD)
claims grew by 27%.

\$6 Billion+
in Lost Productivity Costs
Due to Absenteeism
and Presenteeism¹

¹Smetanin et al, 2011

²Statistics Canada, 2020

³Dewa, Chau & Dermer, 2010

⁴Canadian Counselling and Psychotherapy Association, Vanier Institute of the Family, and Canadian Association for Marriage and Family Therapy (2021)

⁵Sunderland & Findlay, 2013

⁶Sunlife, 2021, Moroz, Moroz & D'Angelo (2020)



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Innovation in Delivering Care



The COVID-19 pandemic has led to innovations in secure, effective and readily-available virtual counselling/psychotherapy services. 88%⁴ 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.⁵ 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.*

*Fee range is affected by region and clientele.



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

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