



**Canadian Psychological Association Supports
National Action on Suicide
October 4th 2011**

The Canadian Psychological Association (CPA)ⁱ **supports a call for national action on suicide** and is particularly glad to do so today during Mental Illness Awareness Week. The Liberal Party motion and private members bills advanced by Conservative and NDP MPs help greatly to convey the importance of this issue for the Canadian public. Suicide is the second leading cause of death among youth and reaches its highest rates in middle and even later life. The personal and societal costs of suicide are inestimable.

Two key factors stand in the way of persons getting the help they need. The first is the **stigma** attached to talking about suicide and mental disorders. The second is the **inaccessibility of mental health services and supports**. Even those who ask for psychological help may not receive it because service is often not funded or is underfunded by public and private health insurance plans.

A call to action that charts a course for suicide prevention in Canada must address the many factors that put people at risk and support the factors that promote their mental health and well-being. Canadians should not have to wait until it is too late to get the health services they need.

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ⁱ About the CPA

The Canadian Psychological Association is a not for profit professional association with over 6700 members. It was organized in 1939 to improve the health and welfare of all Canadians; promote excellence and innovation in psychological research, education, and practice; and promote the advancement, development, dissemination, and application of psychological knowledge.

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