



Press Release - For Immediate Release

New data confirms that the mental health needs of Canadians are not being met

The Canadian Psychological Association calls for greater access to services

(Ottawa, Ontario) September 18, 2013. The Canadian Psychological Association (CPA) is concerned by today's Statistics Canada report on mental health care in Canada. The results from the 2012 Canadian Community Health Survey confirm that over 1.5 million Canadians had a perceived unmet or partially met need for mental health care. The most commonly reported unmet need is for counseling and therapy.

“One of the great challenges when it comes to caring for the mental health of Canadians is the significant barriers to accessing mental health services,” said Dr. Karen Cohen, Chief Executive officer of the CPA. “This report confirms that the most frequent barriers to meeting mental health care needs were related personal circumstance such as whether a person could afford to pay for care or whether he or she had private insurance,” said Dr. Cohen.

“The Canadian Psychological Association has been calling for increased access to psychological services for some time,” continued Dr. Cohen. “We have psychological treatments that work, and experts trained to deliver them. Yet the services of psychologists are not funded by provincial health insurance plans, which make them inaccessible to many with modest incomes or no insurance. Publically funded services, when available, are often in short supply and wait lists are long.”

“Canada has fallen behind other countries such as the United Kingdom, Australia, the Netherlands, and Finland who have launched mental health initiatives which include covering the services of psychologists through public health systems. It is time to catch up. Canada's mental health depends on it.”

The Canadian Psychological Association is the national association for the science, practice and education of psychology in Canada. With over 6600 members and affiliates, CPA is Canada's largest professional association for psychology.