

CANADIAN
PSYCHOLOGICAL
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Press Release - For Immediate Release

**CPA supports the Federal Government's Supplementary Estimates: Doubling
*psychological services from \$1,000 to \$2,000 for Federal Workers and Retirees***

(Ottawa, Ontario) February 24, 2015. The Canadian Psychological Association (CPA) applauds the federal government and Treasury Board President, the Honourable Tony Clement, for increasing coverage for psychological services for federal workers, their families, and retirees. The increases were tabled in the *Supplementary Estimates 2014–2015* in the House of Commons and the changes came into effect last year.

CPA has been calling for increased access to psychological services for federal public servants for some time. In 2011, the disability plan for Federal employees, took in 3,875 new claims, more than 47% of which were for mental health conditions led by depression and anxiety. Psychological treatments are among the most cost and clinically effective in treating those illnesses.

“Despite the significant toll that mental disorders take on the Canadian population, on the workplace and on the economy, psychological services are not covered under public health insurance plans. When employee coverage does exist, the caps are often too low and many Canadians are unable access the care that they need for a return to sustainable recovery and productivity,” said Dr. Kerry Mothersill, President of the CPA.

“As much as a third of employer losses related to mental illness could be recovered if employees were given timely access to effective psychological services and supports. As the country’s biggest employer, the federal government is providing important leadership by showing all employers that access to psychological services can be increased in the context of overall cost savings. The government is to be applauded for this very important policy decision. We hope that the opposition parties will support these important changes,” said Dr. Karen Cohen, Chief Executive Officer of the CPA.

The Canadian Psychological Association is the national association for the science, practice and education of psychology in Canada. With over 7000 members and affiliates, CPA is Canada's largest professional association of psychologists.

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