

The Canadian Psychological Association demand public coverage of mental health care

Submitted by [Management](#) September 27, 2011



For Canadians, especially those with levels of low and middle income, the cost of psychological services represents a significant barrier, according to an EKOS survey, entitled *Survey of Canadian attitudes toward access to psychologists and psychological services*, conducted on behalf of the *Canadian Psychological Association*.

Private insurance programs and those funded publicly are insufficient to ensure adequate and equal access to services, said the association calls for psychological services covered by provincial health programs.

Quebecers were 45% believe that psychologists are the professionals best able to treat people with depression and anxiety disorders (according to family physicians and psychiatrists). Overall, 45% and 23% respectively said they were confident and very confident in the delivery of mental health care psychologists.

80% of respondents indicated that they had to pay themselves for psychological services, the cost would be a barrier "very significant" or "significant." This rate was 86% for respondents with a household income was below \$ 40 000.

85% of respondents supported the coverage of psychological services by public health programs.

Quebecers expect to pay on average \$ 73.00 the session and a twenty sessions would be required to address problems or mental health problems such as depression or anxiety.