



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

November 6, 2013

Dr. Karen Cohen
Canadian Psychological Association
141 Laurier Ave. West,
Suite 702
Ottawa, ON K1P 5J3

Dear Dr. Cohen:

The Mental Health Commission of Canada (MHCC) applauds the work of the Canadian Psychological Association (CPA) on its landmark report on improving access to psychological services for people living with mental health problems and illnesses in Canada. The recommendations in your report entitled *An Imperative for Change* align very well with those contained in *Changing Directions, Changing Lives*, the Mental Health Strategy for Canada. The Strategy calls for increased access for all Canadians to evidence-based psychotherapies by service providers qualified to deliver them, while placing special emphasis on the need to remove the financial barriers for children and youth and their families to access these services.

The report is also consistent with the recommendations in the Strategy on the importance of expanding the role of primary health care in meeting the mental health needs of Canadians. Psychologists are important and valuable members of interdisciplinary primary health care teams, which are usually the first point of contact for people experiencing mental health problems and illnesses.

The Mental Health Commission looks forward to working with the Canadian Psychological Association, and all those they consulted, to continue our work to create a mental health system that is able to ensure equitable access for all Canadians to a full range of mental health services and supports, including psychological services.

Sincerely,

Louise Bradley
President & CEO

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