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The Canadian Psychological Association Applauds Starbucks Canada for Increasing its Employee Mental Health Benefit

Ottawa, ON (October 6, 2016) – The Canadian Psychological Association (CPA) applauds Starbucks Canada for increasing its annual mental health insurance coverage from \$400 to \$5,000 for all eligible employees, who work a minimum of 20 hours per week, and their families.

“Starbucks Canada has demonstrated tremendous corporate leadership and a strong commitment to its employees” says Dr. David Dozois, President, CPA. “This is among the greatest mental health benefit programs across all of Canada and across all industries.”

Every year, mental illness personally affects one in five Canadians and costs the Canadian economy \$51 billion; approximately \$20 billion of which is borne by the workplace. Yet, only one in three Canadians report seeking and receiving the mental health care they need.

“Psychological services are considered first-line treatment options for many psychological disorders, including depression and anxiety, yet they are not covered by our public health care system,” adds Dr. Karen Cohen, CEO, CPA. “This leaves Canadians to rely on, often insufficient, employee benefit coverage; to pay out of pocket; or to go without help altogether. The increase in coverage afforded to Starbucks Canada employees will ensure they can access the help they need, when they need it.”

Research indicates that 10-20 sessions of psychotherapy are typically needed to fully address common mental illnesses. The new Starbucks Canada employee mental health benefit is among Canada’s only corporate insurance plans that will cover the full number of sessions typically required.

“This bold move by Starbucks Canada should not only be commended, it should be replicated by organizations across the country. I hope more Canadian companies will see the value in ensuring the mental health of their employees and will change their own benefit programs,” states Dr. Dozois.

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About the Canadian Psychological Association (CPA)

The Canadian Psychological Association (CPA) is the national association for the science, practice and education of psychology in Canada. With over 7,000 members and affiliates, CPA is Canada's largest association for psychology. To learn more, visit www.cpa.ca.

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