



FOR IMMEDIATE RELEASE

Canada's governments must find a way forward: It's time to make mental health care a priority

Ottawa, ON (December 20, 2016) – The Canadian Psychological Association (CPA) shares in disappointment that Canada's health and finance ministers did not arrive at a way forward for mental health when they met yesterday. The federal government had put forward an historic initiative; one that would put public dollars on the table to fund mental health services.

Canada's public health systems across the country fall short in delivering mental health care. Psychologists are the country's largest group of specialized and regulated mental health providers, but their services are not accessible to many Canadians.

"While psychological treatments are both cost- and clinically-effective for a range of mental health problems and disorders, these treatments are out of reach for many Canadians because the services of psychologists working in communities are not covered by provincial and territorial health care plans. By proposing targeted transfers for mental health services, the federal government was ready to help change that," says Dr. David Dozois, President, CPA.

With one in five people living with a mental health problem or disorder each year and only a third reporting that they have sought and received the care they need, change to how Canada delivers mental health care is long overdue. Says CPA's CEO, Dr. Karen Cohen: "When it comes to mental health, Canadians deserve better than what our public health insurance systems deliver. The CPA and Canadian psychologists are ready to assist in the development of cost- and clinically-effective programs that will deliver psychological services to the millions of Canadians who will need them over the course of their lives. Greater access to effective services will have positive impacts on the health and wellbeing of individuals, families, the workplace, and the economy. We urge both levels of government to go back to the table and make mental health care a priority."

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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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