



FOR IMMEDIATE RELEASE

Now is the time for meaningful action on mental health and substance use health parity

December 8, 2021 (OTTAWA)—Today, the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) is calling on the federal government to take immediate, meaningful action by introducing legislation designed to expand access to publicly-funded mental health and substance use health programs and services with the launch of the Parity Pledge.

As one of the leading national mental health alliances in Canada, CAMIMH has been strongly advocating for parity in funding between mental health, substance use health and physical health care. In June 2021, CAMIMH released [*From out of the Shadows and into the Light: Achieving Parity in Access to Care Among Mental Health, Substance Use and Physical Health*](#), a report detailing the need for parity in access to care and what steps the federal government can take to support this.

“There is no health without mental health,” said Ellen Cohen, CAMIMH co-Chair. “Right now, people who are looking to access mental health and substance use health programs and services are faced with long wait times, inadequate care, and a lack of services. If you were to seek treatment for a physical health issue, you wouldn’t face those same barriers to care. This is why we need the federal government to take legislative action to make sure that Canadians that seek treatment for mental health or substance use health issues have the same access to care as other health issues.”

“For too long, mental health and substance use health have been neglected by Medicare and this needs to change,” said Glenn Brimacombe, CAMIMH Public Affairs Committee chair. “The only way that we see meaningful change in the healthcare system, is to level the playing field between accessing physical health, and accessible and inclusive mental health and substance use health care.”

With the Parity Pledge, CAMIMH is asking Canadians to sign the Pledge and let their Members of Parliament know that they are supporting this campaign. To sign the pledge, visit our website at camimh.ca.

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Established in 1998, the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) is an alliance of national mental health organizations comprised of health care providers and organizations representing persons with mental illness and their families and caregivers. CAMIMH’s mandate is to ensure that mental health is placed on the national agenda so that persons with a lived experience of mental illness and their families receive appropriate access to care and support.

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CAMIMH MEMBERS

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Canadian Counselling and Psychotherapy Association

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