



Canada's Future Wealth Includes Investing in Mental Health, says CPA

November 6, 2025 (Ottawa) – With the release of the federal government's 2025 budget, the Canadian Psychological Association (CPA) understands and appreciates the emphasis placed on transforming and re-positioning our economy amidst a series of external and internal challenges.

To ensure that individuals, communities, and the country can reach their full potential, it is essential that we have good mental health. "Investments in mental health and mental health research are a foundational requirement if Canada is to become a more resilient, innovative and prosperous country," said Dr. Steven Smith, CPA President. Moving forward, we need to continue to strengthen the alignment between mental health and behavioural policy, and economic and social policy.

The CPA strongly believes there is room for the federal government to do more to improve Canadians' timely access to psychological services and continues to call for a companion piece of legislation to the *Canada Health Act* called the *Mental Health and Substance Use Health Care For All Act* that expands public funding for psychological services and includes targeted funding. The evidence tells us that every dollar invested in psychological services can reduce future levels of health spending.

Given the escalating demand for mental health care services across the country, the CPA applauds the federal government's creation of a \$5 billion Health Infrastructure Fund and sees a strategic opportunity to increase the number of graduating psychologists in Canada.

The CPA also applauds the federal government for its suite of investments totalling \$1.7 billion to advance research excellence and attract international talent. "Building on the commitments to the Tri-Councils in Budget 2024, these investments are critical to positioning Canada as a global leader in the discovery and application of new knowledge," said Dr. Lisa Votta Bleeker, CPA CEO.

There is no health without our mental health. The CPA looks forward to working with the federal government, and others, to identify and implement innovative and sustainable solutions that make a difference in the lives of the people of Canada and positions the country for unparalleled future success.

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About the CPA

The Canadian Psychological Association is the national voice for the science, practice, and education of psychology in the service of the health and welfare of Canadians. The CPA is Canada's largest association for psychology and represents psychologists in public and private practice, university educators and researchers, as well as students. Psychologists are the country's largest group of regulated and specialized mental health providers, making our profession a key resource for the mental health treatment Canadians need.

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