CANADIAN PSYCHOLOGICAL ASSOCIATION

SOCIÉTÉ CANADIENNE DE PSYCHOLOGIE

Federal Investments in Homelessness Essential; Bolder Leadership Needed to Improve Access to Mental Health Care Services and Funding for Research, says CPA

November 10, 2026 (Ottawa) – As the federal government continues to transform and re-position Canada's economy and place in the world, it is critical to understand that mental health policy and economic policy are inextricably linked. A workforce and population that are mentally healthy are resilient, innovative and productive, and contribute to Canada reaching its full potential.

In reviewing Budget 2026, the CPA sees important investments as well as missed opportunities for bolder leadership in addressing mental health care services, artificial intelligence and its mental health impacts, and the need for increased investments in psychological and mental health research.

Understanding the strong linkages between homelessness and mental health, the CPA applauds the federal government's plan to end homelessness within 10 years which includes: $1.8 billion over 4 years to support projects that bring housing together with health, mental health, and addictions supports; $3.6 billion over 4 years to build new supportive and transitional housing; and $2 billion over 2 years for facilities for people who require care before reaching a crisis.

At the same time, the CPA remains concerned over the federal government's decision to extend by only one year the 2017 mental health and addictions agreement with the provinces and territories worth $600 million. "This announcement provides Canadians with little assurance that long-term funding for mental health will be in place," said Dr. Janine Hubbard, CPA President. "Knowing the prevalence of anxiety and depression remain above pre-COVID levels, bold federal leadership is needed to ensure that Canadians equally value timely access to publicly-funded mental health and physical health care services."

"This is why the CPA continues to call on the federal government to pass a companion piece of legislation to the *Canada Health Act* – a *Mental Health and Substance Use Health Parity Act* that expands public funding for psychological services beyond hospitals and physicians," said Dr. Lisa Votta Bleeker, CPA CEO. "The evidence tells us that every dollar invested in psychological services can reduce future levels of health spending while improving outcomes."

By doing so, we not only improve timely access to mental health care for those in need but strengthen the relationship between mental health and behavioural health policy, and economic and social policy.

The CPA is also pleased to see the renewal of the Emergency Treatment Fund and financial support for Kids Help Phone.

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 evidence-based solutions and research 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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