



April 8, 2021

The Honourable Sandy Silver
Premier, The Yukon Territory
Member, Council of the Federation
360 Albert Street
Ottawa, Ontario K1R 7X7

Dear Premier Silver:

I write to you on behalf of the Canadian Psychological Association (CPA), the national voice of the profession. The CPA would like to applaud the Premiers for recently launching the *Promising Practices* series that focuses on mental health and substance use.

We strongly support your efforts to highlight and share promising practices as they relate to improving mental health and substance use health, with a particular emphasis on rural, remote and northern communities. Equally important, we appreciate the emphasis you are placing on innovative practices that can transform and more effectively integrate mental health and substance use programs, services and supports into your respective health systems.

Integration of psychological services into primary care that affords Canadians' prompt and funded access to care they need and care that works is critical. Now, more than ever, we must appreciate that there can be no health without mental health and that we must invest in our most important assets...people. As you know, the COVID-19 global pandemic is taking an increasing toll on the mental health of Canadians who are facing prolonged isolation and increasing depression, anxiety, suicidal crises, domestic crises and violence, and substance use.

The CPA continues to take the position that there is more that the federal government, working collaboratively with the provinces and territories, can do to ensure that a growing number of those in need have timely access to mental health services and treatments.

Psychologists are the country's largest group of specialized and regulated mental health care providers. We stand ready to work with all governments to find innovative and sustainable solutions that keep Canadians mentally as well as physically healthy – our success as a country depends on it.

Best wishes for continued success with your series! If you would like to mental health and access to mental health services further at any time, I can be reached at 1-888-472-0657 ext. 323, or executiveoffice@cpa.ca.

Sincerely,

K.R. Cohen, Ph. D., C. Psych
Chief Executive Officer

Copies to: Premiers of Canada