



## Historic Amendment to the Canada Health Act Will Improve and Expand Access to Mental Health and Substance Use Health Care, says CPA

**October 16, 2024 (Ottawa)** – The Canadian Psychological Association (CPA) strongly supports Bill C-414, *An Act to amend the Canada Health Act (mental, addictions and substance use health services)*, which was tabled in the House of Commons by Member of Parliament, Gord Johns (Courtenay-Alberni) on World Mental Health Day (October 10, 2024).

The CPA has long advocated for parity between mental health, substance use related health and physical health care. This Bill will improve and expand access to a wider range of publicly-funded mental health and substance use health care services, including psychological services. “Accessing mental health and substance use health care services in Canada should not be more difficult than accessing physical health care. Psychologists are involved in addressing all three and we know that mental health is health,” said Dr. Anita Gupta, CPA President. “This is a historic opportunity for Parliamentarians to stand together to ensure that no one is left behind in terms of access to health care, regardless of whether their current health needs are mental, substance use related and/or physical.”

Approving this Bill would be a crucial and long-needed step in addressing current gaps in meeting the primary objective of the Canada Health Act, which is to “protect, promote and restore the physical and mental well-being of residents of Canada and to facilitate reasonable access to health services without financial or other barriers.” Without health parity, we fall short.

The CPA looks forward to working with Parliamentarians, and other partners, to support the passage of Bill C-414.

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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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