



CANADIAN
PSYCHOLOGICAL
ASSOCIATION
SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE

March 11, 2026

The Honourable Hedy Fry, M.P. P.C.
Chair, House of Commons Standing Committee on Health
House of Commons
Ottawa, Ontario K1A 0K9

Dear Dr. Fry:

Thank you for the opportunity to meet with you on November 3, 2025. It was a pleasure to discuss a wide range of health policy issues where the federal government can play an important leadership role. In particular, I wanted to build on our focus on the role of the federal government in facilitating wider coverage for publicly-funded mental health care services, including psychological services.

In our parlance, this is often referred to the need for mental health (and substance use health) parity in Canada. Which has been strongly advocated for by the Canadian Alliance on Mental Illness and Mental Health (see its detailed report *From Out of the Shadows and Into the Light – Achieving Parity in Access to care Among Mental Health, Substance Use and Physical Health*). The issue has also received consideration from Senator Burrey (with the release of *Mental Health, Substance Abuse, Addiction Parity in Canada Across the Lifespan*), and is the focus of a private members Bill (Bill C-201, *An Act to Amend the Canada Health Act – mental, addictions and substance use health services*) tabled in the House of Commons by MP Gord Johns. Finally, the Parliamentary Budget Officer recently released a Legislative Costing Note estimating the net federal cost of achieving parity as set out in Bill C-201.

Given the significant work to-date, let alone the strong public support for expanded access to publicly-funded mental health care services, I wonder if there is an opportunity for the House of Commons Standing Committee on Health to formally consider the opportunity and implications for the federal government to achieve mental health and substance use health parity for the people of Canada? While the work that I have identified is impressive, there has not been a process that brings together all of the issues (e.g., policy, legislative/regulatory, financial, jurisdictional) that need to be considered and addressed in a more cohesive manner.

I would be pleased to discuss this further with you at your convenience. I can be reached at gbrimacombe@cpa.ca. Wishing you continued success in your role as Chair.

Sincerely,

Original signed & mailed

Glenn Brimacombe
Director, Policy and Public Affairs

Copies to: Dr. Lisa Votta-Bleeker, CPA CEO
Dr. Stewart Madon, CPA Director, Professional Affairs

Canadian Psychological Association / Société canadienne de psychologie
1101 promenade Prince of Wales Drive, Suite 230
Ottawa, Ontario K1P 5J3 Tel.: 613-237-2144 Fax: 613-237-1674