



Canada's Psychologists helping to Mind Your Mental Health

National awareness campaign for Psychology Month

(Ottawa, Ontario) February 2, 2015. Today, in honour of Psychology Month, the Canadian Psychological Association (CPA) and representatives from the provincial and territorial associations of psychology have launched their second national *Mind Your Mental Health (MYMH) Campaign* to help highlight the need to enhance access to psychological services across Canada.

The campaign encourages the public to e-mail their Provincial and Territorial governments to let them know that access to a Psychologist is important to them and their families. It also encourages Canadians to take a picture wearing the MYMH t-shirt and share it on social media to show their support.

“Access to a psychologist should be a right not a privilege. The statistics are staggering. One in five Canadians will experience a mental health problem in a given year, yet only one in three reportedly receives care. Canada needs to do a better job at making sure that help is available to those who need it,” says Dr. Kerry Mothersill, President of the CPA.

“Psychological treatments work. Yet, these services are inaccessible to people with modest incomes or no private health insurance because they are not covered by provincial/territorial health insurance plans. Publically funded services, when available, are often in short supply and wait lists are long. Other countries have launched initiatives that include covering the services of psychologists through public health systems. These initiatives are proving both cost and clinically effective,” added Dr. Karen Cohen, Chief Executive Officer of the CPA.

Canadians can participate in the campaign by visiting www.MYMH.ca and submitting a letter to their elected representative. You can also follow the campaign all month long by visiting www.twitter.com/@MYMH_CAN and www.facebook.com/mindyourmentalhealth

About: The Canadian Psychological Association (CPA) is the national association for the science, practice and education of psychology in Canada. With over 7,000 members and affiliates, CPA is Canada's largest association for psychology.

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