Taller still

There are tremendous benefits when employers improve mental health in the workplace. Those who have implemented the national standard for workplace mental health and safety deserve kudos (Canada Stands Tall In Global Fight Against Depression – online, Jan. 12).

However, workplace wellness programs are not treatments for mental illness. Canada has room to stand a lot taller still, given that only one-third of those who need mental health care reportedly receive it. We must do a better job making sure that people get mental health help when they need it.

Psychological treatments are among the most cost and clinically effective in treating the mental illnesses most likely to affect Canadians. They are not funded by our public health insurance plans. They are paid out of pocket by individuals or funded by benefits plans provided by employers.

Canadians living with mental illness need better access to treatments. Canada’s employers and health ministries can help with that.

Dr. Karen Cohen, CEO, Canadian Psychological Association