



FOR IMMEDIATE RELEASE

**Health Accord: Mental health spending must be accountable and effective**

**Ottawa, ON (March 16, 2017)** – The Canadian Psychological Association (CPA) is calling on governments to spend Health Accord dollars in a manner that is both accountable and effective by funding evidence-based mental health care. We know what works; the time to act is now.

As of late last week, nearly all of the provinces and territories have reached agreements with the federal government for federal health transfers, most of which include targeted funds for mental health care. Now, governments must think carefully and thoroughly about what mental health services to offer and how.

“There is no question that governments should fund access to psychological therapies, whether by integrating them into primary care or through another mechanism. The evidence is clear that they are among the most effective and least expensive treatments for mental disorders,” says Dr. Karen Cohen, Chief Executive Officer, CPA.

In 2013, the CPA commissioned a report by a group of health economists that proposed several models of enhancing access to cost- and clinically-effective psychological services for Canadians. The recommendations in this report built on the experiences of other countries, principally the United Kingdom and Australia, who have made psychological services accessible through their public health systems with good results.

“Canada has done a very good job in recent years of raising awareness and reducing stigma around mental illness,” adds Dr. Cohen. “It is now time to give Canadians access to the evidence-based care they need.”

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**About the Canadian Psychological Association (CPA)**

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. To learn more, visit [www.cpa.ca](http://www.cpa.ca).

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