



FOR IMMEDIATE RELEASE

The Canadian Psychological Association Applauds Manulife for Making Mental Health Care Accessible to All Employees

Ottawa, ON (January 16, 2017) – The Canadian Psychological Association (CPA) celebrates Manulife Canada for increasing its insurance coverage of mental health services to \$10,000 per year for all employees and their families.

“Evidence-based mental health care is out of reach for many Canadians because it is not funded by our public health care systems,” says Dr. David Dozois, President, CPA. “Manulife is setting an extraordinary example by ensuring all its employees and their families can access effective mental health care when and where they need it.”

Mental illness costs the Canadian economy \$51 billion every year; approximately \$20 billion of which is borne by the workplace due to lost productivity and absenteeism. A report commissioned by the CPA suggests that an employer can recover approximately one third of those costs when employees are provided with mental illness prevention, as well as early identification of illness and timely treatment.

“Psychological treatments are effective with a wide range of mental health disorders and lead to less relapse of illnesses, like depression, when compared to treatment with medication alone. We know they work,” adds Dr. Karen Cohen, CEO, CPA. “It is very encouraging to see companies like Manulife stepping up to the plate and making meaningful care within reach for its employees.”

Research indicates that 10-20 sessions of psychotherapy are typically required to fully address common mental illnesses. The new Manulife employee mental health benefit is among Canada’s premiere corporate insurance plans that will cover the full number of sessions needed. It is the CPA’s hope that other Canadian companies will follow the lead of Manulife and Starbucks Canada, which increased its mental health coverage in October 2016, and will commit to the health and wellbeing of the workers upon whom their success relies by ensuring they can access meaningful amounts of needed psychological care.

-30-

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.

Press inquiries should be made to:

Stephanie Miksik, Communications Coordinator

Phone: 888-472-0657 ext. 337

Cell: 613-462-3997

Email: smiksik@cpa.ca