

**Press Release - For Immediate Release**

## **The Canadian Psychological Association releases new report on the effectiveness of psychological treatments**

(Ottawa, Ontario) November 14, 2013. The Canadian Psychological Association (CPA) released a report today that reviews the effectiveness of psychological treatments for common mental health problems and disorders.

“We have treatments that work when it comes to mental health but less than half of people with mental health problems actually get the help they need.” says CPA President, Dr. Wolfgang Linden. “This is the result of stigma but also because psychological treatments are not covered by public health insurance plans in Canada”.

“The Canadian Psychological Association has been calling for increased access to psychological services for some time,” says CPA’s Chief Executive Officer, Dr. Karen Cohen. “Earlier this year, we commissioned a report that costs out several models to deliver effective psychological care in Canada. It is our goal for the coming year to work with agencies and organizations that fund and deliver mental health care to make effective psychological treatments accessible to Canadians who need it.”

The report, authored by Dr. John Hunsley and his colleagues at the University of Ottawa, revealed important findings about the services and supports Canada can offer to the one in five Canadians who will experience a mental health problem or disorder in a given year.

Psychological treatments work well for severe and mild cases of depression. They work as well as medication in treating depression and better than medication in preventing relapse. When psychological treatments are used with medication for bipolar disorder, patients tend to better follow through on treatment, feel less burdened by their illness and have lower suicide rates. Psychological treatments work as well as medication in treating different kinds of anxiety. In addition, psychological treatments reduce depression and anxiety in people with heart disease which, when combined with medical treatment, leads to lower rates of heart-related deaths.

“Early and effective intervention is key when it comes to mental illness.” adds Dr. Linden. “The costs of providing effective care far outweigh the costs of untreated mental disorders on individuals, families, the workplace and the economy. It is time for Canada to step up for its mental health.”

### **About:**

*The Canadian Psychological Association is the national association for the science, practice and education of psychology in Canada. With almost 7,000 members and affiliates, CPA is Canada's largest professional association for psychology.*

### **For further information:**

Canadian Psychological Association  
Tyler Stacey-Holmes  
email: [publicrelations@cpa.ca](mailto:publicrelations@cpa.ca)  
Phone : 613-237-2144 ext 325