



Pre-Budget Report Focuses on Mental Health Needs and Appropriateness of Care

OTTAWA (December 12th, 2017) Today, the Canadian Counselling and Psychotherapy Association (CCPA) applauds the newly released Finance Committee report, entitled *Driving Inclusive Growth: Spurring Productivity and Competitiveness in Canada*, which includes significant recommendations on mental health supports and psychotherapy and counselling services.

"We know that the government has focused on mental health needs in Canada for some time. CCPA was very pleased to have the opportunity to appear before the Standing Committee on Finance and speak to some of the recommendations that could enhance quality of care for the estimated one in five Canadians who struggle with a mental health or addiction issue each year," said CCPA National President, John Driscoll. "This report, which mentions numerous CCPA recommendations, shows that the Finance Committee is serious about improving access to mental health services which is encouraging to see."

CCPA's over 6,300 members work in many diverse fields of education, employment and career development, social work, business, industry, mental health, public service agencies, government and private practice.

"While many of CCPA's pre-budget recommendations have been included to some degree in the report, we are particularly pleased to see the Finance Committee is considering 'levelling the playing field' between counsellors, psychotherapists and other mental healthcare providers," continued Mr. Driscoll. "Specifically, the Committee's recommendation that counselling and psychotherapy services be classified as zero-rated for the purpose of the goods and services tax will provide Canadians with better access to affordable professional counselling. When we reduce the costs paid by Canadians for counselling and psychotherapy, which is usually out-of-pocket, we reduce one of the barriers to accessing mental health services."

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The Canadian Counselling and Psychotherapy Association (CCPA) is a national bilingual association providing professional counsellors and psychotherapists with access to exclusive educational programs, certification, professional development and direct contact with professional peers and specialty groups. CCPA promotes the profession and its contribution to the mental health and well-being of all Canadians.

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