



Collectif pour l'accès à la psychothérapie  
*Coalition for Access to Psychotherapy*

**Press Release**

## **Creation of a public programme for psychotherapy services**

**MONTREAL, December 4, 2017** – The announcement by Québec's Ministry of Health and Social Services on December 3rd to invest \$ 35M annually to increase access to psychotherapy services is excellent news. The implementation of a public programme is a giant step in the right direction that will ensure equitable access to psychological services.

This financing is in addition to the \$ 15M that is being allocated to psychological services for youth that was announced on November 28, 2017. These announcements recognize that there are important needs in mental health services for which a choice of pertinent treatments must be offered to youth and adults. The Ministry's announcement of December 3rd recognizes that psychotherapy is an effective element in early intervention, treatment and prevention of mental health problems.

The Coalition for Access to Psychotherapy can state that there is agreement on the unmet needs in mental health services and on the solution to be put in place. The Ministry has taken a significant decision by investing in psychotherapy services that will benefit the Québec population.

*« The implementation of measures to increase access to psychotherapy services is often seen as a cost; in fact, it is an investment in the health and well-being of individuals, their families, their employers and society as a whole »* emphasizes Michael Sheehan, Co-Spokesperson for the Coalition for Access to Psychotherapy. *« What matters is that people suffering from a mental health problem or from psychological distress can access psychological consultations with qualified professionals in a timely fashion ».*

The Coalition for Access to Psychotherapy is represented by several organizations and experts in the field of health and social services; it will offer all the assistance it can to

facilitate the development of psychotherapy services. For the Coalition, the Ministry's announcement is a clear demonstration of its commitment to making psychotherapy services accessible to all those who require them, but who do not have personal insurance that covers psychological services.

**About the Coalition for Access to Psychotherapy**

The Coalition for Access to Psychotherapy was created in 2013 with the objective of playing an active role in ensuring that the recommendation made by the Québec Health and Welfare Commissioner of increasing access to psychotherapy services becomes reality. Drawing from its objectives of preventing mental health problems, improving mental health care and services and reducing the suffering experienced by people afflicted with mental health problems and their families, the Coalition considers that psychotherapy services should be part of the treatments offered through the public healthcare system.

To learn more about the Coalition for Access to Psychotherapy: [www.capqc.ca](http://www.capqc.ca)

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