



FEDERAL ELECTION 2019

Integrating Mental Health Into Primary Care

1 in 5



One in five Canadians experiences mental illness and by age 40 that number increases to **one in two**¹

80%



Eighty per cent of Canadians rely on their family doctors for mental health needs; however, many physicians currently do not have the necessary supports, resources, or time to treat patients with mental illnesses or to meet the service demand¹

96%



Ninety-six per cent of Canadians believe it is important to improve the availability of mental health services²

Background

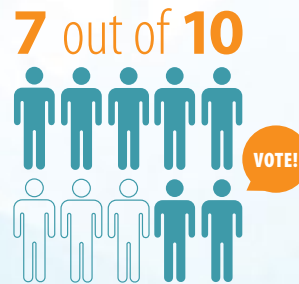
- Mental health and addiction issues cost the workplace about **\$20 billion** annually; **one third** of these costs could be recovered if Canadians had better access to illness prevention, early identification, and treatment³
- The federal government should increase funding and support to:
 - Integrate mental health services as a crucial component of primary care
 - Achieve mental health service accessibility parity across Canada

Calls to Action

Integrated treatment for mental health in primary care settings

- The federal government should support the implementation of the **collaborative care model** for providing mental health services in community care settings by dedicating targeted funding for the co-location of mental health workers within primary care practices
- Introduce **national standards** for increased coverage of mental health services under provincial insurance plans, such as those pioneered in Quebec with public coverage of psychotherapy services⁵
- Integrate accessible mental health services as part of primary care practices, which allows for a patient-centred approach and an opportunity to treat the whole patient by a dedicated interprofessional team⁴

Canadian voters are experiencing the lack of available and accessible mental health services and want political leaders to act.



Seven out of 10 Canadians say they would be more likely to vote for a party that adopted a policy to improve the availability of mental health services²

Mental health parity

- The federal government should demonstrate leadership in health care delivery by supporting and adopting the principle of mental health parity⁵ through the adoption of a **Mental Health Parity Act**³
- Both the United States and United Kingdom have recognized, through legislation, that mental health services must be offered in parity with physical health services; however, Canada has yet to do the same⁵
- The new Act should include:
 - Better funding for evidence-based therapies
 - Improvements in quality of care through integration of services
 - Investments in promotion, prevention, and early intervention
 - Addressing stigma and discrimination, and ensuring equitable access
 - Research about mental illness and evaluation of health outcomes¹

Endnotes

- 1 Canadian Mental Health Association. *Mental Health in the Balance: Ending the Health Care Disparity in Canada*. Toronto, ON: Canadian Mental Health Association; 2018. Available from: <https://cmha.ca/ending-health-care-disparity-canada>. Accessed 2019 Jul 4.
- 2 Ipsos Public Affairs. *CFPC Family Medicine in Canada Report*. Toronto, ON: Ipsos; 2019. Available from: www.ipsos.com/sites/default/files/ct/news/documents/2019-06/familymedicineincanada-report-2019-06-13-v1.pdf. Accessed 2019 Jul 4.
- 3 Canadian Alliance on Mental Illness and Mental Health. *Why Investing Money in Mental Health Matters*. Canadian Alliance on Mental Illness and Mental Health. 2017 Oct 13. Available from: www.camimh.ca/why-investing-money-in-mental-health-matters/. Accessed 2019 Jul 4.
- 4 Patel V, Belkin GS, Chockalingam A, Cooper J, Saxena S, Unützer J. Grand Challenges: Integrating Mental Health Services into Priority Health Care Platforms. *PLoS Medicine*. 2013;10(5): e1001448.
- 5 HEAL. *The Canadian Way 2.0: Accelerating Innovation and Improving Health System Performance with Focus on Seniors' Care and Mental Health*. Ottawa, ON: HEAL; 2018. Available from: https://static1.squarespace.com/static/5cd45467fb22a5107d310b81/t/5cd97027eb393159baa3bd40/1557753898420/Heal_Canadian-Way_2.0_EN_web.pdf. Accessed 2019 Jul 4.

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Read the CFPC's election backgrounder at
<https://election2019.cfpc.ca>