

MENTAL HEALTH PARITY

An uneven focus on physical health led to chronic underfunding and treatment for mental health.

Mental health parity: the notion that mental health should have equal status with physical health.

A Mental Health Parity Act would ensure mental health care is valued equitably within our health-care system.

Mental Health
in the Balance

ENDING THE HEALTH CARE DISPARITY IN CANADA

September 2018



Canadian Mental
Health Association
Mental health for all



Cohesive, Collaborative, Collective: Advancing Mental Health Promotion in Canada



FULL REPORT

MAY 2019



Canadian Mental
Health Association
Mental health for all



5 KEY PILLARS

Public funding for evidence-based therapies.

Improved quality of care by integrating services.

Invest in mental health promotion and early intervention.

Action to reduce stigma and ensure equitable access.

More research on mental illness and mental health outcomes.

ACTION ON PARITY

CMHA partnership with Mental Health Caucus

Need collaboration to create a draft *Mental Health Parity Act*

Governmental declaration that mental health is a human right