



Saskatchewan Provincial Election 2020

Mental Health

What's the problem?

- 1 in 5 Canadians experiences mental illness; by age 40 that proportion jumps to 1 in 2.
- Already busy family physicians don't always have the time, training, or resources to fully support patients who are experiencing mental illness.
- While appointments to see psychiatrists are covered by the public health system in Saskatchewan, wait times can be as long as two years.
- Counselling and other mental health supports are available outside the public system, but patients need to pay for these out of pocket.

What's the prescription?

- Mental health parity- Fully fund counselling and other mental health services in the same way that other health services are.
- Integrate counselling and other services into primary care practices rather than offer them as standalone services.

For further information, contact us at scfp@sk-cfp.ca
or review the

Best Advice Guide: Recovery-Oriented Mental Health and Addiction Care in the Patient's Medical Home