

# Stop taxing mental health care!



HST makes psychotherapy **13% more expensive** and **13% less accessible**

## Remove the final tax barrier to mental health services!

Did you know that **only Registered Psychotherapists are STILL forced to charge HST**, unlike Psychologists, Social Workers, Doctors, Nurses, Psychiatrists and Occupational Therapists?

## How can we make mental health accessible by removing the HST?

- \* An average of \$16.95 HST per session is an unfair barrier to mental health services
- \* After 9 sessions, most clients will have spent enough on HST to pay for a 10th!
- \* HST creates one more financial burden for clients, especially for those without insurance coverage

## How many Canadians need mental health care?

- \* 1 in 5 Canadians experience a mental illness or addiction problems
- \* **This number has now increased to 1 in 4 due to the economic and mental health impact of the Covid-19 pandemic**

## What's the mental health burden on our health care system now?

- \* Mental illness is the leading cause of disability in Canada, creating an economic burden of **\$51 billion annually** (including health care costs, hospitalizations, and lost productivity)
- \* The cost of a disability leave for a mental illness is about **double the cost** of a leave due to physical illness
- \* **Promotion, prevention and early intervention** create positive returns on investment!

# #stoptaxingmytherapy

To find out more, visit:  
[stoptaxingmytherapy.com](https://stoptaxingmytherapy.com)

Sources for statistics used on this factsheet available at [stoptaxingmytherapy.com](https://stoptaxingmytherapy.com)