Date

Union Address

***Re: Mental Health Coverage File***

Dear XXXXXXX:

Healthy members are productive ones, with low absenteeism, a good sense of self, high performance (personally and professionally) and full engagement. Just as with physical illness, mental illness can affect your members negatively. In fact, mental health issues are the leading cause of disability claims, costing Canadian employers more than $6 billion a year through lost time and low productivity. \*\*

You can enhance the mental health of your members by strengthening your benefit plan. All it takes is a simple addition to the list of mental health practitioners covered under your current plan. With this single change, your members will be able to take advantage of the wide range of skills and expertise of mental health professionals who specialize in psychotherapy – namely Registered Psychotherapists (RPs).

Currently, your plan does not embrace Registered Psychotherapists (RPs). Making your insurance plan inclusive of RPs is administratively simple. You need only amend the list of eligible professionals by adding Registered Psychotherapists as an approved paramedical provider.

You currently cover the College of Psychologists and The College of Registered Social Workers; The College missing from your current plan is the College of Registered Psychotherapists. This change will broaden the support available to your members so they get the support they need to remain productive and engaged. By advocating for this change, you are offering your members a broader benefit package through a simple change that is low or no cost.

The College of Registered Psychotherapists of Ontario has licensed every Registered Psychotherapist in the province to practice after careful review and screening. They represent many of the most skilled and experienced mental health professionals in the field and together form an essential mental health resource for you and your members.

We recognize that the mental healthcare landscape is evolving and that you may have questions. This is why we would like an opportunity to speak to you further about strengthening mental health coverage for your members. . Please contact XXXXXXXXX, RP XXXXXXXXX or at email XXXXXXXXXXX to arrange a call or visit.

On behalf of the more than 6,300 registered psychotherapists in Ontario, I thank you for acting to strengthen the mental health support system available for your members.

Yours truly,

Your name and credentials RP

\*\*”Why Canadian Companies Can’t Ignore the Cost of Mental Illness”, by Sooky Lee, General Manager, HR Business Process Outsourcing for ADP Canada in *Globe Careers’ Leadership Lab series,*Special to The Globe and Mail, published April 12, 2016.

**Quick facts**

**Q: What is a Registered Psychotherapist?**

A: A Registered Psychotherapist is a mental health professional who has met the stringent training, education, ethics and conduct requirements of the College of Registered Psychotherapists of Ontario.

**Q: When were Registered Psychotherapists introduced in Ontario?**

A: There have been professional psychotherapists practicing in Ontario for more than a century. The registration of members of the profession began in 2015.

**Q: Where can I go for more information about Registered Psychotherapists?**

A: Please visit the College’s website [www.crpo.ca](http://www.crpo.ca)

**Q: Where can I go for more information about impacts of Mental Health in the Workplace?**

A: The Mental Health Commission of Canada <http://www.mentalhealthcommission.ca>

A: The National Standard for Psychological Health & Safety in the Workplace<http://www.mentalhealthcommission.ca/English/national-standard>

A:<http://www.civicaction.ca/mental-health-workplace-result-17-billion-lost-productivity-10-years-says-report/>

A:<http://www.cancea.ca/?q=node/100>