



Ontario's 8,000+ Registered Psychotherapists (RPs) are Ready to Serve Ontarians and Tackle the Mental Health Crisis

Registered Psychotherapists are mental health experts that provide therapy services to support Ontarians in continuing healthy, happy and productive lives.



Mental Health Makes a Difference

- Mental illness is a leading cause of disability claims in Canada ^[i]
- Since Covid 19, 1 in 4 Canadians face mental health challenges that stand in the way of a happy, productive lifestyle (up from 1 in 5 pre Covid) ^[ii]
- \$17 billion is projected to be lost from Ontario's GTHA economy over the next 10 years due to mental health issues in the workforce ^[iii]

RPs are Experienced, Highly Qualified Professionals

- RPs are mental health professionals specializing in providing psychotherapy - a very effective form of early intervention that spares further healthcare costs.
- The Registered Psychotherapist (RP) designation indicates the completion of a relevant Master's level education (or equivalent). Many RPs have independent practice status which requires over 1,000 hours of direct client contact and over 150 hours of supervision.
- RPs are governed by the College of Registered Psychotherapists of Ontario (CRPO) that provides strict regulatory standards to ensure the highest quality of care.



RPs Require Legislative Tools to Effectively Tackle the Mental Health Crisis

In order for RPs to effectively provide mental health services to Ontarians in need, they must be included in mental health legislation. Currently, Registered Psychotherapists are not a defined provider in the Health Act, nor the Mental Health Act that governs mental health service professionals. We need your legislative help to allow RPs to provide their specialization to all Ontarians facing mental health challenges.

About PRPA

The Partnership of Registered Psychotherapist Associations (PRPA) was formed in 2019 to unite advocacy efforts on behalf of the RP profession in Ontario. Our stakeholders include the public at large, employees, employers, the insurance industry, healthcare institutions, our regulatory college, and all levels of government.

Footnotes/sources:

- i)** Mental Health Commission of Canada (MHCC), Changing Directions, Changing Lives: The Mental Health Strategy for Canada. (2012). strategy. https://www.mentalhealthcommission.ca/sites/default/files/2021-02/MHStrategy_Strategy_ENG.pdf
- ii)** Statistics Canada: "Canadians' Mental Health During the Pandemic" (released May 27, 2020). <https://www150.statcan.gc.ca/n1/daily-quotidien/200527/dq200527b-eng.htm>
- iii)** CivicAction: "Mental Health in the Workplace" Summary Report (2019). https://civicaaction.ca/app/uploads/2021/03/Research-Summary_Mental-Health-in-the-Workplace.pdf