



**Jill Andrew**  
MPP Toronto—St. Paul's

**Queen's Park**  
Room 115, Legislative Building  
Queen's Park  
Toronto, ON M7A 1A5  
☎ 416-325-0071 📠 416-325-4728  
✉ JAndrew-QP@ndp.on.ca

**Community Office**  
803 St. Clair Ave. W  
Toronto, ON M6C 1B9  
☎ 416-656-0943  
📠 416-656-0875  
✉ JAndrew-CO@ndp.on.ca

Hon. Christine Elliott  
Minister of Health  
College Park 5th Flr, 777 Bay St  
Toronto, ON M7A 2J3

CC'd:  
Hon. Michael A. Tibollo  
Associate Minister of Mental Health and Addictions

Hon. Peter Bethlenfalvy  
Minister of Finance

**April 14, 2022**

Dear Ministers Elliot and Bethlenfalvy, and Associate Minister Tibollo,

I write today to stress the need to better integrate registered psychotherapists (RPs) and the important work they do into the Ontario healthcare system.

Mental health is such a significant component of our day-to-day lives and overall health. It is estimated that over [1.5 million people](#) in the Greater Toronto and Hamilton Area's (GTHA) labour force have experienced a mental health issue. Among Ontario's children and youth, [about 28,000 people](#) were on waiting lists for mental health and addiction treatments in January 2020.

Maintaining one's mental wellbeing has become particularly challenging during the pandemic, with [one in four Canadians](#) estimated to face mental health challenges (up from one in five pre-COVID-19).

As an effective form of early mental health intervention that may spare patients of further healthcare costs, psychotherapy should be made more accessible to Ontarians. RPs are therapy specialists, and their services could be better utilized in our healthcare system to provide the care many Ontarians need.

Currently, the majority of RPs work in the private practice setting – a survey conducted by the Partnership of Registered Psychotherapist Associations (PRPA) showed that only 7% of respondents worked in an institutional (public) setting. RPs' services are also often not covered by OHIP, and many patients have to pay for these services (including HST, since RPs' services are not HST-exempt) out-of-pocket.

These factors hinder many people's ability (especially of vulnerable populations) to reach RPs' services, both because of the cost and lack of awareness on the work of RPs.

One of the steps needed to better integrate psychotherapy in our health system is to include RPs as defined health providers in provincial health legislation, such as the People's Health Care Act and the Mental Health Act. It's time that we take that step.

RPs' services also need to be made exempt from HST, which is being considered federally with MP Lindsay Mathyssen's bill "[An Act to Amend the Excise Tax Act \(Psychotherapy Services\)](#)." Our province should support and advocate for such move.

Everyone who needs access to mental health services should be able to get them when they need them. For example, many constituents with Eating Disorders rely on RPs and cannot access their services at a time when Eating Disorders have spiked due to the pandemic. This is especially worrisome as Eating Disorders are mental health illnesses with the highest mortality rates if left untreated.

I urge the Ministry of Health to support the work of RPs so that they can help respond to Ontarians' demand for accessible mental health services.

Sincerely,

A handwritten signature in blue ink, appearing to be 'JA' or 'Jill Andrew', written in a cursive style.

Jill Andrew, PhD  
MPP for Toronto—St. Paul's