



OFFICE OF THE PARLIAMENTARY BUDGET OFFICER  
BUREAU DU DIRECTEUR PARLEMENTAIRE DU BUDGET

## Election Proposal Costing

# Canada Mental Health Care Plan

April 19, 2025

Providing coverage for psychological/therapy services not covered by an alternative insurance program effective November 2025 for those with adjusted family net incomes below \$90,000.

### Cost of Proposed Measure

Fiscal Year	2025-2026	2026-2027	2027-2028	2028-2029	2029-2030	Total
<b>Total cost</b> \$ millions	756	1,742	1,762	1,784	1,812	7,856

### Notes

- Estimates are presented on an accrual basis as would appear in the budget and public accounts.
- A positive number implies a deterioration in the budgetary balance (lower revenues or higher spending). A negative number implies an improvement in the budgetary balance (higher revenues or lower spending).
- Totals may not add due to rounding.

### Estimation and Projection Method

PBO used SPSPD/M<sup>1</sup> to estimate the number of individuals in Canada with previous year adjusted family net incomes below \$90,000 (in tax year 2024 for 2025) and was indexed to PBO's inflation projection for subsequent years. Eligibility was determined using perceived need for counselling and lack of insurance coverage in the 2022 Mental Health and Access to Care Survey. Expected take-up was adjusted based on survey respondents that did not access care due to a lack of availability.

PBO calculated a national average cost per therapy session based on the recommended fees from provincial psychology/counselling association (indexed to PBO's inflation projection for future years). The total benefit cost was estimated to be the cost of 6 therapy sessions in the first year and 12 sessions per year in subsequent years, for eligible individuals who are expected to use the services provided. Administrative costs were included as an additional cost.

### Sources of Uncertainty

The main sources of uncertainty relate to program coverage and take-up rate. If individuals with lower family incomes have a greater perceived need for counselling and/or are less likely to have alternative coverage, the plan may cover more people than expected. If the availability of services has declined since 2022 or if the network of services is unable to meet the increased demand for services from this program, this would decrease the expected cost of the program through a lower take-up rate.

## Data Sources

### **Adjusted Family Net Income**

[Social Policy Simulation Database and Model \(SPSD/M\), version 30.3](#)

### **Consumer Price Index Inflation**

[2025 Election Proposal Costing - Baseline Note](#)

### **Recommended Fee per Session**

[Provincial Psychologist/Counselling Associations](#)

### **Population Estimate by Province**

[Provincial Psychologist/Counselling Associations](#)

### **Perceived Need for Counselling**

[Mental Health and Access to Care Survey \(2022\)](#)

### **No Coverage for Counselling**

[Mental Health and Access to Care Survey \(2022\)](#)

### **No Availability of Counselling**

[Mental Health and Access to Care Survey \(2022\)](#)

### **Administration Costs for Benefits**

[Non-Insured Health Benefits: Annual Report \(2022-23\)](#)

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1. This analysis is based, in part, on Statistics Canada's Social Policy Simulation Database and Model (SPSD/M). The assumptions and calculations underlying the SPSPD/M simulation results were prepared by the Office of the Parliamentary Budget Officer (PBO) and the responsibility for the use and interpretation of these data is entirely that of the PBO.

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