**ENTER YOUR POSTAL CODE** [**HERE**](https://www.ourcommons.ca/Members/en) **FOR YOUR MP’S NAME, AND THE NAME OF YOUR RIDING.**

* **Then click on their name and photo**
* **This brings you to a page with their email address in the CONTACT tab.**

**Please CC the Minister of Finance at** [**chrystia.freeland@parl.gc.ca**](about:blank)

House of Commons

Ottawa, Ontario

K1A 0A6

To the Honourable {**INSERT NAME OF YOUR MP HERE**},

As a constituent of {**INSERT NAME OF YOUR RIDING – for example, KITCHENER CENTRAL**}, I am writing to ask the Government to amend the Excise Tax Act to include “counselling therapy/psychotherapy” practitioners and “counselling therapy/psychotherapy services” as tax exempt.”

The March 2023 ***“FINA”*** Report from the Standing Committee on Finance, Chaired by Liberal MP Peter Fonseca, recommends that the Minister of Finance: "Exempt counselling therapy and psychotherapy from the application of GST/HST."[[1]](#footnote-1)

On March 9, MP Stephen Ellis introduced Bill C-323 to exempt all mental health professionals from GST/HST. As he noted, “***It makes no sense for psychotherapists and mental health counsellors to be subjected to this kind of taxation*** when physicians, psychiatrists, registered nurses, registered psychiatric nurses, psychologists, occupational therapists, and social workers are all exempt.”[[2]](#footnote-2)

In December 2021, a bill was tabled by NDP MP Lindsay Mathyssen to amend the Excise Tax Act and make psychotherapy services tax free — Bill C-218 — but ***a budgetary bill also must be tabled to make the change***, something noted in the Coalition’s petition, signed by nearly 14,500 Canadians, and tabled March 6, 2023. The government has 45 business days from the tabling of the petition to respond in writing.

Today, I am asking you for action, not just more words, as soon as possible.

“Now more than ever, Canadians deserve a mental health care system that provides them with the resources and supports they need in an accessible, and affordable fashion,” said Ms. Mathyssen.

Members of three national parties appear to have aligned on this issue. As noted in Ellis’ announcement: “According to Health Canada statistics, nearly one-quarter of Canadians over the age of fifteen self-report having unmet mental health needs. The services of a psychotherapist or a mental health counsellor are just as important to the health of Canadians and their families as those of a nurse or family doctor.”[[3]](#footnote-3)

And the toll of mental illness is an economic one as well. The Mental Health Commission of Canada estimates that the economic cost of those living with untreated mental health struggles is more than $50 billion annually.[[4]](#footnote-4)

The government can easily demonstrate its commitment to supporting the mental health of Canadians by eliminating the tax on psychotherapy and counselling therapy services.”

Please join me, and thousands of counselling therapists /psychotherapists and the Canadians they serve, from coast to coast to coast, in demanding the end to this unfair tax.

Visit the National Coalition’s website at [www.taxfreetherapy.ca](about:blank) for media coverage, backgrounders, celebrity endorsements and more.

Yours truly,

**{YOUR NAME}**

**{YOUR MAILING ADDRESS}**

**{YOUR EMAIL ADDRESS}**

CC: The Minister of Finance, The Honourable Chrystia Freeland at [Chrystia.Freeland@parl.gc.ca](about:blank)

1. Recommendation 32, p. 53 [Committee Report No. 10 - FINA (44-1) - House of Commons of Canada](about:blank) [↑](#footnote-ref-1)
2. [Video: Bill C-323 read in House of Commons by MP Stephen Ellis](about:blank) [↑](#footnote-ref-2)
3. [https://www.conservative.ca/conservatives-introduce-bill-to-relieve-canadians-of-financial-burden-when-accessing-mental-health-services/](about:blank) [↑](#footnote-ref-3)
4. Mental Health Commission of Canada (2018 & 2014). Making the Case for Investing in Mental Health in Canada and Strengthening the Case for Investing [https://mentalhealthcommission.ca/resource/strengthening-the-case-for-investingbackgrounder/](about:blank) [↑](#footnote-ref-4)