



**ONTARIO  
PSYCHOLOGICAL  
ASSOCIATION**



### **A MESSAGE FROM JASON RAMSAY OPA PRESIDENT**

Today begins National Psychology Month. The spirit and intent of celebrating Psychology Month is to recognize the importance of the profession and the essential role it can play to facilitate the well-being of people in our communities. This unprecedented year, and the widespread affects of the pandemic has highlighted vital import of our profession.

The social disruption and strain caused by the pandemic has been devastating to parents, children, teenagers, families, the sick and elderly and particularly for already marginalized populations. The economic impact to small businesses, manufacturing, health care and service industries will take years to recover from. We all know this has led to increases in depression, anxiety, suicides, drug overdose and homelessness. The toll and strain this pandemic is taking on peoples' mental health will be the biggest detriment to the ability of our province to recover economically and socially.

Perhaps at no other time in our history can psychologists and psychological associates in Ontario make such a profound impact to healing our province. This month we have the opportunity to help Ontarians become more aware of how we can help them.

The OPA will work this month to help the public better understand the role that psychology can play to improve their lives through its social media, Podcasts, and advocacy efforts. We want to help educate the public to understand how to access psychologist and help support their mental health recovery efforts.

I encourage all my fellow colleagues to spread the word in promoting psychology and mental health.

Let us celebrate our profession and highlight the important work we do.