

# Mental Health Week (in Canada)



Mental Health Week (May 4-10th, 2026) in Canada is a nationwide movement organized and sponsored by the Canadian Mental Health Association (CMHA). This year's "Come Together Canada" theme focuses on the importance of building social connections to better our mental well-being.

Loneliness is an ongoing problem affecting millions of individuals across the globe. In 2025, the World Health Organization (WHO) reported that 1 in 6 people experience loneliness at a level that is impacting their overall health.

**Just as we take care of our physical health, our mental health deserves the same attention, understanding, and support.**

Here are a few ways you can support your mental health and strengthen social connections, no matter **where** you are in the world:

## 1. Start a conversation:

Talking openly about mental health helps reduce stigma. Check in with friends, colleagues, or family members and ask how they are doing. Starting a thoughtful conversation can help someone feel supported and heard.

## 2. Participate in local events or workplace activities:

Many organizations host workshops, group discussions, wellness challenges, or awareness campaigns. Joining these events helps build a supportive community. Keep an eye out for any initiatives hosted by your Magna division in May or throughout the year.

## 3. Learn more about mental health:

Mental Health Week is a great time to read articles, attend webinars, or explore educational resources about stress, loneliness, burnout, and emotional well-being.

## 4. Show kindness and support (including to ourselves):

Small acts of kindness, such as sending a supportive message, thanking a colleague, or offering help, can positively affect someone's mental health and help them feel connected. Make sure to take time to care for your own well-being, showing yourself the same level of kindness and care by exercising, journaling, meditating, or taking breaks from screens and work responsibilities.

Stay tuned for May's *GFY Wednesday* emails to learn more about supporting your mental health!

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