



COME TOGETHER, CANADA.

STRONGER CONNECTIONS, BETTER MENTAL HEALTH.

Looking for ways to take part in Mental Health Week?

Find everything you need:

- Downloadable toolkits
- Ready-to-share social content
- Real stories and inspiration
- Easy ways to build connection

SCAN THE QR CODE TO EXPLORE



CMHA Mental Health Week | May 4-10 | mentalhealthweek.ca