

CMHA Mental Health Week (May 4-10, 2026)

The Canadian Mental Health Association's 75th annual [Mental Health Week](#) is coming up! This year's theme is **Come Together, Canada**. We live in a time where we're more digitally connected than ever, yet many people in Canada are feeling lonely. More and more, screen time is replacing time spent together in person. And while online connection has its place, it isn't always enough.

This **May 4-10**, CMHA is inviting people across Canada to Come Together because stronger connections mean better mental health for all of us. A reminder that small moments of connection can make a big difference in someone's life. Whether it's a phone call to a friend, a check-in with a colleague, or getting involved in your community, every act of connection counts. Together, we can strengthen mental health, build healthier communities, and help more people feel connected.



Through our partnership with CMHA and the *Not Myself Today* program, we have shared some resources below if you are looking to promote **Mental Health Week** within your workplace.

Mental Health Week Toolkit – [Toolkit](#) Isolation in the workplace can impact mental health, collaboration, and productivity. The CMHA Workplace Toolkit helps organizations share mental health education, provide practical resources, implement connection-building activities, and strengthen organizational culture during Mental Health Week and beyond.