

CMHA Mental Health Week (May 5-11, 2025)

The Canadian Mental Health Association's 74th annual [Mental Health Week](#) is coming up! This year's theme is **Unmasking Mental Health**. Living with mental health challenges often forces people to hide behind a "mask" to protect themselves from judgment and discrimination. But the heavier the stigma, the heavier the mask becomes, and the more isolated we feel.

CMHA Mental Health Week offers Canadians a chance to come together in support of mental health awareness, understanding, and connection. This year's campaign encourages open conversations about mental health, reduces stigma and highlights the importance of community and compassion. It's a reminder that mental health affects us all – and together we can create a culture of care and belonging.

**There's
more to me.**

#UnmaskingMentalHealth

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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 – [Download your Mental Health Week toolkit](#) In this toolkit you'll find shareable content and information about what masking is and how we can all help unmask mental health together.

Help end stigma by spreading the word using the hashtags **#UnmaskingMentalHealth** and **#MentalHealthWeek**.

Open up.

Talk to someone you trust
about how you're feeling.



notmyselftoday.ca



Canadian Mental
Health Association
Mental health for all