

eFlash

HEALTHCARE BENEFIT TRUST

May 2, 2023



CMHA Mental Health Week is May 1-7, 2023

The Canadian Mental Health Association's annual Mental Health Week looks to shift attitudes and perceptions about mental health.

The 2023 theme is **MY STORY**.

Within our stories is the mental health care we all need. Storytelling is a fundamental part of being human. Stories help build connections and strong communities. Storytelling, in all its forms, supports mental health and reduces stigma.

- Each May, people across Canada rally around CMHA's Mental Health Week.
- Inaugurated by CMHA in 1951, May 1-7, 2023, marks the 72nd annual Mental Health Week in Canada.
- Mental Health Week is a social change campaign to educate the public and shift beliefs and perceptions about mental health. It helps promote behaviours and attitudes that foster well-being, support good mental health, and create a culture of understanding and acceptance.
- Mental Health Week 2023 and MY STORY will shine a spotlight on community mental health care programs, communities and voices while showcasing the importance of securing universal mental health care, what it can look like and how mental health care can be expressed and nurtured.

Please visit:

- [CMHA Mental Health Resources and Stories](#)
- [CMHA Mental Health Week Homepage](#)
- Connect with CMHA on social media using the hashtags #MyStory and #MentalHealthWeek.

Please forward this communication to all departments within your organization.