

CMHA Mental Health Week | May 4 – 10, 2026

Come Together, Canada

**Stronger connections,
better mental health.**

Mental health and social connection matter for everyone. Today, let's talk about human and animal health service providers.



Workplace mental health is essential not only for employees' well-being, but also for improving healthcare delivery and organizational function.

What are some ways to provide support and strengthen social connection at work?

- Create a safe space for conversation
- Provide ongoing opportunities for support
- Build and integrate existing resources for stress and burnout
- Foster psychologically safe, inclusive work environments where employers listen to their employees

