

Media Release – May Mental Health Week 2026

NCDSB is proud to join our regional school boards and community partners in sharing a unified message for **Mental Health Week, May 4–10**. We invite everyone to help raise awareness and strengthen well-being within themselves and across our communities.

Our campaign is **5 Ways to Well-Being**—simple, powerful actions that support mental health: **Be Active, Take Notice, Connect, Learn, and Give**.

We are hosting **free virtual presentations** with **Dr. Adele Lafrance** and **Dr. Catherine Raymond** on May 6–7. Sessions will support caregivers and service providers in both English and French. Details and registration: <https://www.eventbrite.com/cc/mental-health-series-2026-webinars-sante-mentale-4828330>

We are also sponsoring **free family swims** in Timmins, Cochrane, Kapuskasing, Iroquois Falls, New Liskeard, and Kirkland Lake throughout the week.

Municipalities across the region will show their support through proclamations and by lighting landmarks in **green**, the colour of mental health awareness.

Let's shift the narrative. When we talk openly about mental **health**, we reduce stigma and help create communities where we each take action for our well-being and where everyone feels safe to seek support when needed.

Mental **health** is for all of us, and together we can build stronger, more resilient communities. What action will you take to support your mental health today?

Learn more at www.ncdsb.ca and by visiting our partner organizations.



All the best,
NCDSB Mental Health & Well-Being

