

Public Service Announcement

May is National Mental Health Month

Start Date: May 20, 2025

End Date: May 31, 2025

Nunavut-wide

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May is National Mental Health Month, and the Department of Health is encouraging Nunavummiut to take the time to learn, talk and connect with friends, family and Elders about mental health and wellness.

This year's theme, “Unmasking Mental Health,” encourages Nunavummiut living with mental health or substance use challenges to let go of the “mask” often worn to shield against judgment and discrimination. The more stigma we carry, the heavier the mask becomes, and the more isolated we feel.

Spending time together enjoying the sunshine out on the land can be an important part of mental wellness. Some helpful activities for mental wellness and self-care include going outside for fresh air, drawing, sewing, carving, playing sports, listening to a mindfulness podcast or meditation, stretching, walking your dog, fishing, hunting, berry picking, and snowmobiling.

Communities across Nunavut are offering a variety of programs and activities throughout May. Stay tuned to your local Facebook pages for updates.

If you or someone you know is struggling with mental health and wellness, always remember that you are not alone. It is okay to ask for help. For confidential support, visit the [Government of Nunavut website](#) for contact information.

If you or someone you know is in crisis, call the RCMP, or go to your local health centre or hospital immediately.

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