

# MENTAL HEALTH ANTI-STIGMA MONTH 2026

## Programme of Events

This programme outlines the community-focused activities taking place throughout May as part of Bermuda's observance of Mental Health Anti-Stigma Month.

### WEEK 1: MAY 1-9

#### Awareness & Understanding

Theme: "It's Okay to Talk About It"

##### Official Launch

Monday, May 4 at 12:00 pm • Victoria Park

##### Podcast Release – Health Promotions' *Healthabets*

A special conversation with Lived Experience Champions, available on all major podcast platforms including Apple Podcasts

### WEEK 2: MAY 10-16

#### Youth Voices Matter

Theme: "You Are Not Alone"

##### Kind Mind School Initiatives

Public and private schools engaging in mental health literacy activities

##### PTA Engagement Sessions • Counsellor Consultations

##### Public Panel Discussions – *Digital Wellness & Online Safety*

Tuesday, May 12, 6:00–7:30 pm • Athene Lecture Hall, Bermuda College • Open to the public

##### *Raising Resilient Teens*

Wednesday, May 13, 6:00–7:30 pm • BUEI • Open to the public

##### Community Movie Day for Youth

Friday, May 15 at 5:30 pm • BUEI • Open to the public

##### Youth Mental Health First Aid Training: Three-day training

May 6–7 virtual; May 8 in person • Open to the public on a first-come, first-served basis.

### WEEK 3: MAY 17-23

#### Workplace Wellness & Adult Support

Theme: "Healthy Mind, Productive Life"

##### Lunch & Learn: Stress & Resilience

Monday, May 18 • Open to the public (Zoom link to be provided)

##### Workplace "Mindfulness Moments"

Encouraging teams to create simple mindfulness booths and quiet spaces in their workplaces

##### Podcast Release – *Healthabets*

A conversation on balancing work, family, and mental health

Available on all major podcast platforms, including Apple Podcasts

### WEEK 4: MAY 24-31

#### Golden Minds – Mental Health & Ageing

Theme: "Connected at Every Age"

##### Lunch & Learn: Generational Wellbeing in the Workplace

Tuesday, May 26 • Open to the public (Zoom link to be provided)

##### Harbour Nights Community Engagement

Wednesday, May 27 • Encouraging open conversations about mental health

##### Community Fair

Friday, May 29 at 12:00 pm • City Hall Lawn

Featuring community mental health vendors, music, and activities • Open to the public

##### Recognition of Bermuda's Mental Health Trailblazers & Advocates

Friday, May 29 at 12:00 pm • City Hall Lawn

Honouring those who have led the way in advocacy and education

#### Unity & Celebration

Theme: "Together for Mental Health"



GOVERNMENT OF BERMUDA  
Ministry of Health  
Department of Health

For more information, please contact the Anti-Stigma  
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