

MENTAL HEALTH WEEK

May 4-10, 2026

COME TOGETHER

Connection strengthens our mental health!

CONNECTING WITH OTHERS IS VITAL FOR OUR MENTAL HEALTH AND WELL-BEING!

Connection Reduces Stress

Building relationships helps lower stress and boost resilience.

You Are Not Alone

Talking to others reminds us we're supported and understood.

Connection Boosts Well-Being

Connecting with others can improve our mood and increase our sense of belonging.

WAYS TO CONNECT

Join a wellness event

Send an Ontario Tech eCard

Go for a walk with someone

Join the Ridgeback Run Club

Register for Book Club

Attend a FREE Fitness Class

Chat with a colleague

How do you like to connect?

Complete the Health & Safety Scavenger Hunt

Request an Ontario Tech Puzzle

EMAIL wellnessatwork@ontariotechu.ca how you like to connect by FRIDAY, MAY 15 to be entered into a DRAW!