

World Mental Health Day:

“Lived experiences heard: Real voices, real change”

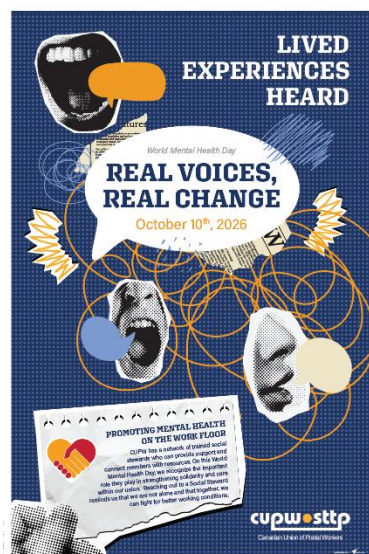
This October 10, CUPW joins mental health advocates and the labour movement to mark World Mental Health Day.

World Mental Health Day was first celebrated in 1992 by the World Federation for Mental Health. It aims to challenge stigma and raise global awareness about mental health issues and calls for better access to mental health care and greater investment in the services people need.

The 2026 theme, “Lived experiences heard: Real voices, real change,” reminds us that listening to people who have gone through mental health challenges is essential, and that their stories must be used to drive improvements in healthcare and public policy.

Mental Health is a Workers’ Health and Safety Issue

Mental health is an essential part of workplace health and safety. Working conditions can expose workers to stress and anxiety. Long working hours, understaffing, job insecurity, harassment, unfair workloads, and difficult shift schedules take a high toll on workers’ mental health. Employers have a responsibility to provide safe and healthy workplaces and to address the working conditions that contribute to stress and poor mental health.



Promoting Mental Health on the Work Floor

CUPW has a network of trained social stewards who can provide support and connect members with resources. On this World Mental Health Day, we recognize the important role they play in strengthening solidarity and care within our union. Reaching out to a Social Steward reminds us that we are not alone and that together, we can fight for better working conditions.

Mental Health Requires Collective Action

On this Mental Health Day, CUPW calls for:

- Public and universal mental health services accessible to everyone;
- Safe workloads, fair scheduling, fair wages, and good working conditions that protect workers’ physical and mental health;
- Culturally appropriate community support informed by people’s needs and experiences;
- Recognition of mental health and well-being as fundamental workers’ rights.

Mental health is a collective issue. We can build good conditions for workers and their communities through solidarity, strong public services, and safer workplaces.

In Solidarity,

Coleen Jones
2nd National Vice-President

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