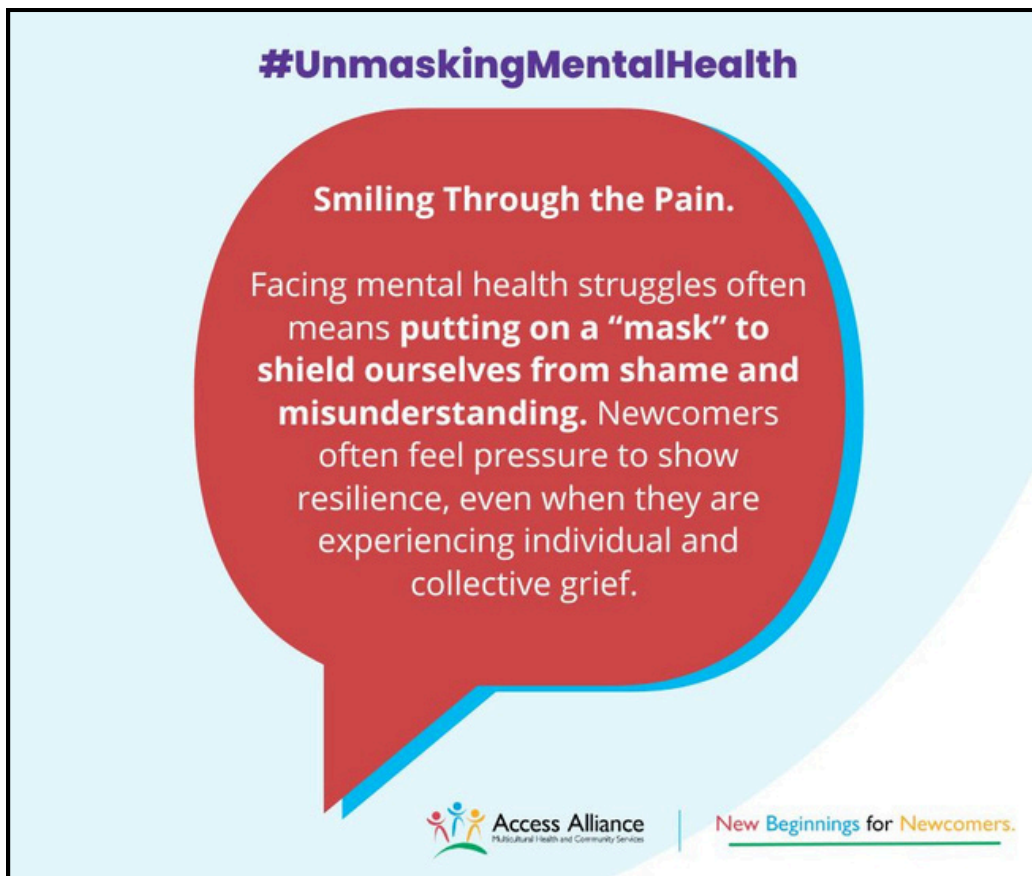


Mental Health Week: Sample Posts

Unmasking Mental Health



Facing mental health struggles often means putting on a “mask” to shield ourselves from shame and misunderstanding. Newcomers often feel pressure to show resilience, even when they are experiencing individual and collective grief.

Grief is an emotional response to loss, often deep sorrow that arises when someone or something meaningful is taken away. While it is most commonly linked to the death of a loved one, grief can also be triggered by:

- > Leaving a homeland
- > Losing a job, identity, or sense of belonging
- > The breakdown of relationships
- > Cultural disconnection or generational trauma
- > Feeling hopeless for crisis happening in other parts of the world

This [#MentalHealthWeek](#) we're inviting people across Canada to look past the “mask” and truly see and engage meaningfully with one another. People mask different parts of themselves for different reasons. What are some things you think people might choose to hide from others and why? [#UnmaskingMentalHealth](#) [#StrongerTogether](#)

#UnmaskingMentalHealth

Grief Does Not Expire

“When I see the suffering in the world, I feel my own wings tied. It’s like there is a tornado and **I cannot move while others are in pain.** I can feel myself being deeply connected and impacted by others...”

Access Alliance program participant



New Beginnings for Newcomers.

Fleeing war, persecution, or instability often means leaving pieces of yourself behind. But in a new land, there’s rarely space—or time—to grieve.

Collective grief lingers in silence, passed down in glances, in language lost, in food not made. Let’s make space for that mourning. This [#MentalHealthWeek](#), can you remember masking a struggle, mood, or emotion?

[#UnmaskingMentalHealth](#) [#StrongerTogether](#)

#UnmaskingMentalHealth

The Unseen Weight

“There is space to be vulnerable and also space for joy. **Hardship is not just personal; it is shaped by bigger forces.** Reflecting on that brings perspective. We are complex beings and we can embrace the joy and grief inside of us at the same time”

Access Alliance staff

As newcomers rebuild lives in a new country, grief often gets packed away—hidden behind job searches, language classes, and rent payments.

But, also, there is joy when successfully getting a job, learning a language, and finding a home. Grief and joy can exist simultaneously. As humans we hold many complex emotions all at once.

Remember a time when you had to wear a mask to fit in or make an impression. Maybe it was a job interview, or maybe it was a social event. How did you feel during the event, and how did you feel after? **#UnmaskingMentalHealth**

Read more in our latest blog: <http://accessalliance.ca/.../mental-health-week-2025...>
#MentalHealthWeek #StrongerTogether

#UnmaskingMentalHealth

Cultural Grief is Real

“When the weight of the world feels overwhelming, I try to go back to deep connections. There is power in people, and there is meaning in sharing what we carry. These connections may look different for everyone, but they can console us in moments of grief.

Others can help uplift us in times of struggle just as we are changed when we reconnect with our inner strength. **We are all part of a larger constellation.”**

Access Alliance staff



New Beginnings for Newcomers.

Losing your community, customs, and connection to homeland is grief too. It's not just about people—it's about identity, music, festivals, smells. Your grief is valid, even if it's hard to name.

When someone feels the need to mask all the time, they can lose sense of who they really are. What are some things that might make others feel the need to mask? This [#MentalHealthWeek](#), and beyond, let's come together in [#UnmaskingMentalHealth](#).

[#StrongerTogether](#) [#mentalhealthawareness](#) [#accessalliance](#)

#UnmaskingMentalHealth

Healing Together

“Each of us has a role to play in each other's healing journeys. **We are not meant to do life individually.**

When I look around, I see the community standing up for mutual respect, showing up for people in time of need and having empathy.

How we are paying attention to the little things that have big impacts.”

Access Alliance staff



New Beginnings for Newcomers.

Collective healing starts with recognition. In community spaces, in schools, in workplaces—we must ask: What grief is being masked here? Newcomers don't just need support—they need to be seen.

Part of [#UnmaskingMentalHealth](#) is having open and honest conversations. Plan to start a conversation about mental health today. Who will you have it with, when and where? [#StrongerTogether](#) [#mentalhealthweek](#)