



2025 NATIONAL INTEGRATED SPECIAL REPORT –  
DIGITAL AND NEWSPAPER

# Mental Health Awareness Week

**INTEGRATED CONTENT FEATURES:** Turnkey solutions in which participating advertisers can be mentioned or quoted in at least one story.

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Mental health challenges affect Canadians of all ages, yet many still face barriers to accessing care. Innovative solutions and community-driven efforts are helping to break down these barriers and improve access. This special feature will spotlight advancements and initiatives that support mental well-being and foster resilience.

**Proposed topic highlights:**

- Understanding Mental Health:** Exploring the factors that affect mental well-being and how to recognize when help is needed.
- Innovative Care Solutions:** Highlighting advancements in therapy, technology, and community programs.
- Building Resilience:** Practical tips for coping with stress, anxiety, and other mental health challenges.
- Support Systems:** The importance of family, workplaces, and community resources in fostering mental well-being.
- Reducing Stigma:** Promoting open discussions and acceptance around mental health struggles.

**GET INVOLVED TODAY. CONTACT:**

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Print/Digital Weekly Readers – **5,958,000**  
Print Weekly Readers – **2,477,000** | Digital Weekly Readers – **4,722,000**

Source: Vividata SCC Spring 2024, National, Adults 18+

Standard Booking Deadline	Material Deadline	Publishing Date	Sponsor Content Booking Deadline
March 25	May 6	May 13	March 25