

# MAY 2025 IS MENTAL HEALTH ANTI-STIGMA MONTH

We are not an island



The Ministry of Health is proud to designate May as **Mental Health Anti-Stigma Month** to help raise awareness of the importance of being able to talk about and seek support for our mental health. Join us at the following events and activities that have been planned in collaboration with mental health stakeholders to provide opportunities for us to come together and learn about different mental health services and hear from Mental Health Champions with lived mental health experience.

DATE	TIME	EVENT	LOCATION
1 May	11:30am – 12noon	Launch of Mental Health Anti-Stigma Month	City Hall Steps
	12noon – 2:00pm	Dog Therapy with Community K9	Victoria Park
5 May	9:30am – 12:30pm	Tree of Life Workshop with Solstice (registration required)	Solstice
8 May	12noon – 2:00pm	Dog Therapy with Community K9	Victoria Park
10 May	11:00am – 3:00pm	Mental Health Fair with Bermuda is Love	Bermuda College
12 May	9:30am – 11:30am	Eco Therapy with Solstice (registration required)	Spittal Pond
	6:00pm – 7:30pm	High School Debate on age of consent for mental health services	BIU
13 May	6:00pm – 7:30pm	Town Hall on learning differences and mental illness	BCCL
14 May	7:00pm – 10:00pm	Harbour Nights Interactive Booth	Front Street
	12noon – 2:00pm	Dog Therapy with Community K9	Victoria Park
15 May	3:00pm – 6:00pm	Family Centre Open House	Family Centre
	6:00pm – 8:00pm	Bermuda is Love Panel Discussion	BUEI
17 May	4:30pm – 7:30pm	Inside Out 2 (rated PG) followed by Panel Discussion for Teens	BUEI
19 May	4:00pm – 5:00pm	Lego Therapy with Solstice	Solstice
	5:30pm – 7:00pm	Community Discussion on Youth Mental Health	MSA
21 May	7:00pm – 10:00pm	Harbour Nights Interactive Booth	Front Street
22 May	12noon – 2:00pm	Dog Therapy with Community K9	Victoria Park
26 May	4:00pm – 6:00pm	Surf Therapy with Solstice (registration required)	Horseshoe Bay Beach
28 May	7:00pm – 10:00pm	Harbour Nights Interactive Booth	Front Street
29 May	12noon – 2:00pm	Dog Therapy with Community K9	Victoria Park
	4:00pm – 6:45pm	National Educator's Institute "A Professional Conversation with the Researcher – the Impact of Student Mental Health Issues on Educators" (for Educators)	Bermuda College, Blue Room

The Ministry of Health's Mental Health Anti-Stigma Month activities were planned in partnership with the following organisations:

## PARTNERS:



## COLLABORATORS:



Go to [www.healthstrategy.bm/latestupdates](http://www.healthstrategy.bm/latestupdates) or <https://www.gov.bm/mental-health> to download the Schedule of Events.



@healthbermuda



health\_Bermuda



Ministry of Health, Bermuda