THE CATALYST

Best of Catalyst 2025

Stories, insights, and voices that shaped our year.

By: Mental Health Commission of Canada | Posted: January 6, 2026

Each year, The Catalyst brings forward stories that deepen understanding, spark dialogue, and highlight the power of lived and living experience. We invite you to revisit or discover the moments that shaped our year.

Happy reading!



“Unhoused” and “Homeless” – What’s the Difference?

The best advice from advocates: talk about the issues and use terms that people use to refer to their own lived experience.



The Therapeutic Power of Blue Space

How spending time in, on, or around water can reduce stress, encourage physical activity, and kindle social engagement.



Masters of Disguise No More

“Unmasking” is the theme for this year’s Mental Health Week – meaning to remove the “mask” that people living with mental health challenges often wear to protect themselves from stigma.



The connection between housing and mental health

“Put somebody into housing – then look after their needs.”



Is Political Anxiety the New Normal?

Experts weigh in on the growing impact of political stress on mental health.

There’s much more to come in 2026. Make sure you don’t miss a story by subscribing to The Catalyst.

Author: Mental Health Commission of Canada

Mental Health Commission of Canada
https://mentalhealthcommission.ca/
350 Albert Street, Suite 1210 Ottawa ON K1R 1A4
Tel: 613.683.3755 | Fax: 613.798.2989
mhccinfo@mentalhealthcommission.ca