THE CATALYST

A Catalyst For The Holidays

Stories, reflections and support to carry you through the season.

By: Mental Health Commission of Canada | Posted: December 10, 2025

The holidays can bring joy, complexity, and everything in between. These Catalyst stories share the experiences, challenges, and small moments of light that shape this time of year. Whether you're celebrating, coping, or doing a bit of both, we hope these stories offer support along the way.

The Sounds and The Feels

Four bandmates, four decades of musical discovery. Documenting shifting understandings of temperament and temperance. This isn't just music; it's resilience, renewal, and reckoning, woven into a story that could be a song.

Sister Acts

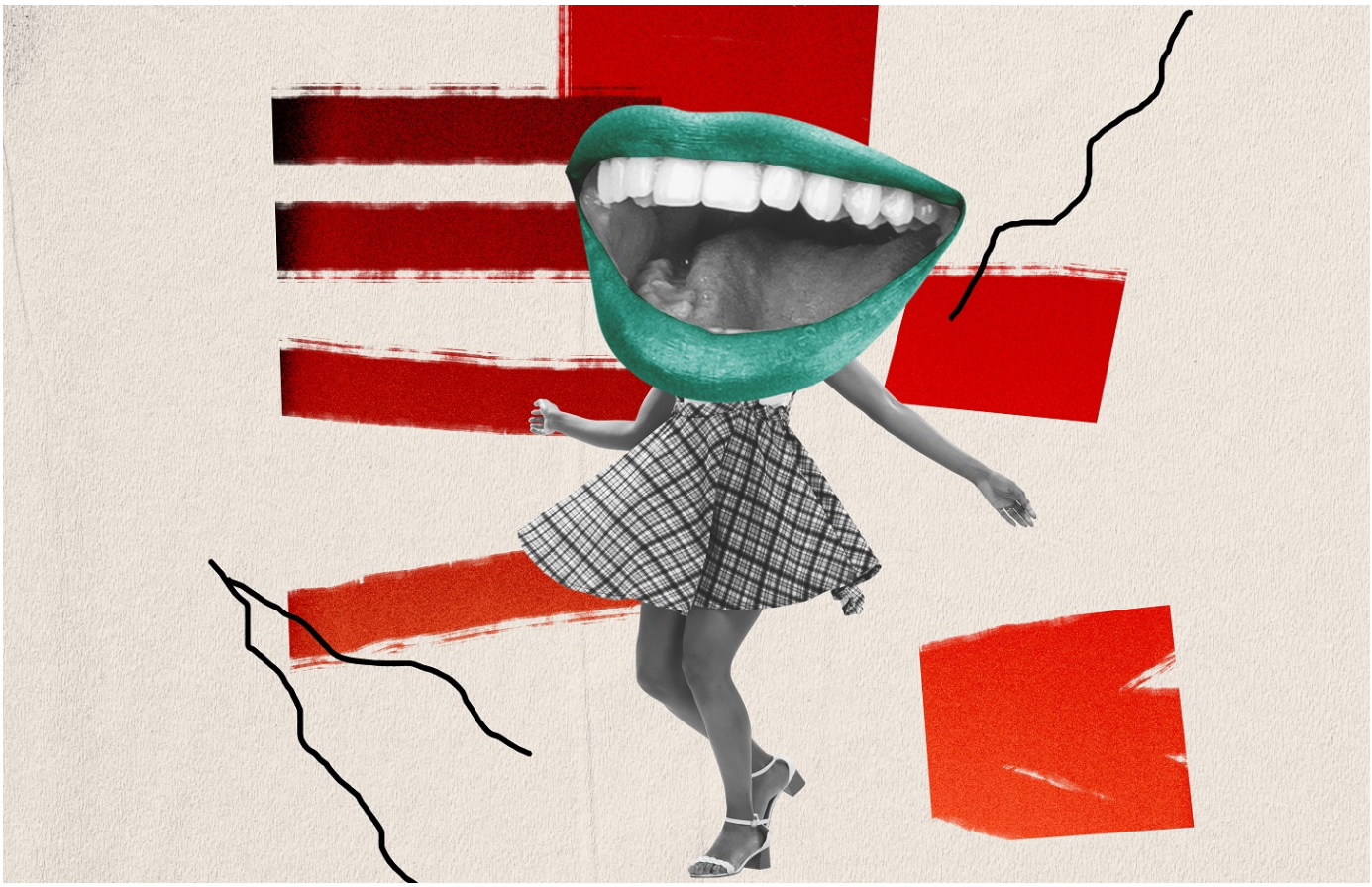
When your sibling goes down the rabbit hole, how do you find a loving and healthy way to stay connected?

Mental Health For The Holidays

When we speak openly about challenges, illnesses, problems, and wellness, we recognize that mental health is part of our overall health. Such conversations can be a gateway to meaningful change, and the holiday season feels like an especially good time to tackle the complexities and multitudes of our mental health.

May your days be merry and bright as possible

Living with a mood disorder means deliberately seeking out small sparks of joy. On moving through cycles of moping, coping, and hoping during the holiday season.



Sugar and spice and trying to be nice

Over the holidays my inner voice proves to be the most critical as I straddle the pull of a commercial Christmas and the deep-seated draw of Kwanzaa. On tackling the minefield of tackiness, tinsel, and trappings of the season.

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