

COMMUNIQUÉ

To Group Insurance plan administrators
Health and wellness

How can your organization get ahead in mental health?

Mental Health Week, which runs from **May 4 to 10, 2026**, is the perfect time to remind your employees that their wellbeing matters.

Nearly 1 in 3 Canadians will experience at least one episode of mental illness during their lifetime¹. This reality affects all organizations and highlights the importance of supporting employees, encouraging dialogue and fostering a climate of caring.

To help you, we offer tools that your organization can use:

- An [email template \(French version\)](#) to send out and start the conversation
- A [poster \(French version\)](#) to remind employees of the importance of taking care of themselves
- A [practical guide \(French version\)](#) to help better understand mental health

These tools are accessible and show you care, because good mental health is cultivated one gesture at a time.

If you have any questions, please contact your advisor or your iA Financial Group Client Relationship Manager.

¹Source: [Government of Canada. Mental Illness in Canada.](#)

You, as the plan administrator, have an important role to play in informing your plan members about their group insurance plan. We also look to your support to give them all explanatory and administrative documents upon enrolment or upon request. We will help you show them where they can consult this documentation if it is not available in hard copy. If you have any questions, please feel free to consult your administrator's guide or to contact your local Account Executive or Client Relationship Manager.

This communiqué and past publications are also available on this [website](#).

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April 27, 2026