



For advisor use only. Not for client distribution



May Wellness Spotlight: Mental health matters

May 4 – 10 is Mental Health Week, a great time to reflect on how we think and speak about mental health. For your clients, this is an opportunity to evaluate how they can better support employees in their organization.



1 in 2 Canadian employees face mental health challenges, with 39% reporting burnout.¹

Mental health issues manifest in the workplace as low engagement, high turnover, increased absences and increased benefit claims, which altogether cost Canadian workplaces \$17 billion per year.²

What you need to know:

To help your clients improve workplace and plan member outcomes, we're sharing the attached communications with them on May 7, 2026.

- [Plan Administrator version](#)
- [Plan member insert](#)

Questions?

If you have further questions about how RBC Insurance® Group Benefits can help your clients, please contact your local Group Sales Consultant at 1-855-264-2174.

¹ [Mental Health Research Canada](#)

² [Canadian Mental Health Association](#)