


# MENTAL HEALTH ACTION WEEK

## 2026




As we close Mental Health Action Week 2026, we want to extend our sincere gratitude to everyone who joined us throughout the week, students, faculty, staff, administrators, mental health professionals, presenters, and campus partners across the California Community College system.

This year's series reflected our most comprehensive Mental Health Action Week offering since its launch in 2022, and that growth speaks to something deeply important: our collective commitment to student mental health, wellbeing, and belonging continues to deepen across our colleges.

Throughout the week, we explored themes centered on ourselves, our students, and the systems and services that shape campus life. Together, we reflected on the realities facing students and staff, the importance of connection and community, and the need to build campus cultures where care is not isolated to one office or department but embedded throughout the institution itself.

**One message remained clear across every conversation: mental health is not separate from student success; it is central to it. When students feel seen, supported, connected, and valued, opportunities for learning, persistence, and growth become more possible.**



At the same time, this work also asks us to care for those who support students every day. Faculty, staff, administrators, counselors, peer supporters, and mental health professionals continue to carry immense responsibility in navigating the evolving and complex needs of our campus communities. **Sustainable student support also requires sustainable support for the people doing this work.**



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We are deeply grateful to the planning committee, presenters, colleges, and partners who helped make this year's series possible, including our continued collaboration with the Center for Applied Research Solutions (CARS). Your willingness to share expertise, innovation, lived experience, and practical strategies helps strengthen our collective capacity across the system.

Most importantly, thank you to each of you for showing up. Not only for this series, but for yourselves, your students and your communities every day. Whether through a conversation, a referral, a classroom interaction, a wellness initiative, or simply helping a student feel like they belong, your work matters more than you may ever fully realize.

We hope this week created space not only for learning, but also for reflection, connection, and renewed commitment as we continue building campuses where care, dignity, and belonging are woven into the student experience.



Thank you for being part of this work and part of this community.

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