



PROCLAMATION

MENTAL HEALTH WEEK

Whereas Mental Health Week has been hosted by the Canadian Mental Health Association in communities across Canada for over 70 years; and

Whereas all people in Canada need to promote, protect, and nurture their mental health; and

Whereas promoting social connection is an important aspect of human life and an effective way to protect mental health; and

Whereas mental health is an essential part of everyone's health and well-being; and

Whereas Mental Health Week is intended to shift societal beliefs and perceptions about mental health. It helps promote behaviours and attitudes that foster well-being, support good mental health, and create a culture of understanding and acceptance.

NOW, THEREFORE, in recognition of CMHA's annual Mental Health Week, I, Mayor Gale Katchur, hereby proclaim May 1-7, 2023, as Mental Health Week in the City of Fort Saskatchewan.

Mayor Gale Katchur

May 1, 2023