

PROCLAMATION

Mental Health Week

May 4-11, 2024

WHEREAS: CMHA introduced Mental Health Week (MHW) in 1951 to raise awareness of mental illness in Canada. The objective of MHW is 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.

WHEREAS: The Canadian Mental Health Association is the only association in Canada that addresses all aspects of mental health and mental illness. We promote and advocate through strong connections we forge with policymakers, mental health consumers and their families, educators, the media, stakeholders, and other service providers.

WHEREAS: 1 in 5 Canadians experience mental illness or a mental health issue in any given year, but 5 in 5 of us, have mental health. Regardless of whether we have a mental illness, our mental health is something we can protect and nurture. Relying on others and sharing our very normal feelings of sadness, fear and worry is hugely important during this unusual time of stress, uncertainty, and loss.

THEREFORE: in recognition of CMHA's annual Mental Health Week, I, Mayor Simon Boersma, hereby proclaim May 4-11, 2024 as Mental Health Week in the town of Morinville.



Mayor Simon Boersma

