

Proclamation

Mental Health Week

May 6—12, 2019

- WHEREAS: CMHA introduced Mental Health Week (MHW) in 1951 to raise awareness of mental illness in Canada. Today, MHW offers practical ways to maintain and improve mental health and support recovery from mental illness and addictions.
- 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: Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague. In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness. Mental illness affects people of all ages, education, income levels, and cultures. Approximately 8% of adults will experience major depression at some time in their lives.
- THEREFORE: in recognition of these benefits and values, and to provide a focal point within the year for increasing awareness, I, Barry Turner, the Mayor of Morinville, hereby proclaim May 6-12, 2019 as Mental Health Week.



Mayor Barry Turner

