



City of Spruce Grove Proclamation Canadian Mental Health Week

May 1-7, 2023

WHEREAS; the Canadian Mental Health Association (CMHA) has hosted Mental Health Week nationally since 1951 to encourage communities, schools, and workplaces to celebrate, protect, and promote mental health; and

WHEREAS; annually, 1 in 5 Canadians will experience a mental health problem or illness and by age 40, 50 per cent of the population will have had or have a mental illness. Mental illness can affect anyone regardless of age, education, income level, and culture; however, the effects of mental illness for individuals experiencing racism, poverty, discrimination, gender-based violence, and being unsheltered can be more severe; and

WHEREAS; good mental health is an essential part of the overall wellbeing of Canadians and not receiving adequate support for mental illness can have negative and long-lasting consequences; and

WHEREAS; it is important to recognize that, similar to physical health, all people have mental health and having a mental illness is not an indicator of poor mental health; and

WHEREAS; this year's theme for Mental Health Week is "My Story" and encourages Canadians to share their stories relating to mental health and illness to help reduce the stigma around mental illness and highlight the need for universal mental health care; and

WHEREAS; Mental Health Week is an opportunity to promote productive conversations, behaviours and beliefs around mental health and highlight mental health services and supports available in communities across Canada; and

WHEREAS; the City of Spruce Grove is committed to supporting residents' access to mental health programs and supports based on identified community needs;

THEREFORE, I, Dave Oldham, Councillor of the City of Spruce Grove, do hereby proclaim the week of May 1-7, 2023 as Canadian Mental Health Week in the City of Spruce Grove.