



City of Spruce Grove Proclamation Canadian Mental Health Week

May 6 - 12, 2024

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, colonial and 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. Having a mental illness is not an indicator of poor mental health; and

WHEREAS; the theme of 2024 Mental Health Week is “A Call To Be Kind”, which centers on the healing power of compassion and kindness, which are intrinsic to our humanity; 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; now

THEREFORE, I, Reid MacDonald, Councillor of the City of Spruce Grove, do hereby proclaim the week of May 6 - 12, 2024 as Canadian Mental Health Week in the City of Spruce Grove.