

Proclamation

MENTAL HEALTH WEEK May 2-8, 2022

WHEREAS: CMHA Mental Health Week promotes mental health awareness through education campaigns, activities and events held across Newfoundland and Labrador and offers practical ways to maintain and improve mental health and support recovery from mental health problems and illnesses; and

WHEREAS: The Canadian Mental Health Association encourages everyone to Get Real for mental health – before you weigh in, tune in to improve mental health for all Canadians; and

WHEREAS: Increased awareness and understanding of mental health will promote the use of mental health services and supports and ensure Canadians with mental health problems and illnesses are afforded the opportunity to recover; and

WHEREAS: The Canadian Mental Health Association actively supports and encourages good mental health in all aspects of our lives, during CMHA Mental Health Week and throughout the year

THEREFORE: I, Deputy Mayor Sheilagh O’Leary, do hereby proclaim the week of **May 2 - 8, 2022**, as **CMHA MENTAL HEALTH WEEK**. I encourage all citizens to join me and **#GetReal about what mental health really is**.

Signed at City Hall, St. John’s, NL on this 2nd day of May, 2022.



Canadian Mental
Health Association

Association canadienne
pour la santé mentale


Sheilagh O’Leary, Deputy Mayor

ST. JOHN’S