



Canadian Mental
Health Association

Association canadienne
pour la santé mentale

PROCLAMATION, MENTAL HEALTH WEEK, 2019

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

WHEREAS, the Canadian Mental Health Association encourages everyone to Get Loud for mental health – to speak up and take action to improve mental health for all Canadians

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

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

NOW THEREFORE BE IT RESOLVED THAT I, Sheilagh O’Leary, Acting Mayor, City of St. John’s, hereby proclaim the week of **May 6 - 12, 2019,** as **CMHA MENTAL HEALTH WEEK.** I encourage all citizens to join me and **#GetLoud about what mental health really is.**

Acting Mayor Sheilagh O’Leary

City of St. John’s

May 6, 2019

Date

#GetLoud
about what mental health really is.

May 2019