

PROCLAMATION MENTAL HEALTH WEEK

Whereas Mental Health Week has been celebrated across Canada for over 70 years;

and Whereas all people in Canada need to promote, protect, and nurture their mental health; and

Whereas promoting social connection is an important aspect of human life and an effective way to protect mental health;

and Whereas mental health is an essential part of everyone's health and well-being;

and Whereas Mental Health Week is intended to shift societal beliefs and perceptions about mental health. It helps promote behaviours and attitudes that foster well-being, support good mental health, and create a culture of understanding and acceptance.

Now Therefore, in recognition of Mental Health Week 2026, Norfolk County Council, hereby proclaim May 4-9, 2026, as Mental Health Week in Norfolk County