

## **A 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 2025, Norfolk County Council, do hereby proclaim May 5-11, 2025, as Mental Health Week in Norfolk County.