



City of Spruce Grove Proclamation Canadian Mental Health Week

May 5 - 11, 2025

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; mental health challenges are a common experience, with 1 in 5 Canadians experiencing mental illness in any given year. 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; like physical health, all people have mental health, which refers to a person's general state of well-being, including their psychological and emotional state. Having a mental illness is not a predictor of mental health; and

WHEREAS; the theme of 2025 Mental Health Week is "Unmasking Mental Health", which inspires Canadians to look beyond the surface, embrace honesty and vulnerability to foster deeper connections, mental wellbeing, to create a ripple effect of courage and understanding nationwide; 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, Danielle Carter, Councillor of the City of Spruce Grove, do hereby proclaim May 5 - 11, 2025 as Canadian Mental Health Week in the City of Spruce Grove.