



City of Spruce Grove Proclamation Canadian Mental Health Week

May 4 - 10, 2026

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; Social connection is essential to overall health and well-being, and the theme of 2026 Mental Health Week is "Come together, Canada", which is a call to spark small, everyday actions of connection, and to recognize the role we all play in supporting mental health through connection; 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' social connection and access to mental health programs and supports based on identified community needs;

THEREFORE, I, Jeff Acker, Mayor of the City of Spruce Grove, do hereby proclaim May 4 - 10, 2026 as Canadian Mental Health Week in the City of Spruce Grove.