



Proclamation

CMHA MENTAL HEALTH WEEK

- Whereas:* mental health is an essential part of the wellbeing of all people and
- Whereas:* mental health is a basic human right; and
- Whereas:* the isolation resulting from the COVID-19 pandemic has had a significant impact on our mental health and wellbeing; and
- Whereas:* stigma remains a barrier to reaching out for help with mental illness; and
- Whereas:* the annual Canadian Mental Health Association (CMHA) Mental Health Week is a wonderful time to highlight the services and supports that are available, while also being a way to celebrate wellness and increase discussion and sharing about mental health; and
- Whereas:* in 2022, Mental Health Week is about empathy, the essential quality that allows us to truly understand, communicate, support and connect with one another.

Now therefore, as Mayor of the City of Prince George,
I proclaim that **May 2 - 8, 2022** be observed as:
"CMHA Mental Health Week"
in the City of Prince George.

Mayor Lyn Hall
City of Prince George