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Proclamation

Mental Health Week

May 2 - 7, 2023

Whereas the Canadian Mental Health Association Champlain East requests that Council joins the national movement of celebrating the annual Mental Health Week in the City of Cornwall

Whereas Canadian Mental Health Champlain East and its community partners have been working to end the stigma and discrimination associated with mental health problems and mental disorders

Whereas collectively, and individually, we have multiple layers and stories that make us who we are and while each year 1 in 5 Canadians experience a mental illness or mental health issue, 5 in 5 of us have mental health.

Whereas this year's CMHA National campaign will shine a spotlight on community-based mental health care champions, programs, and communities while showcasing the importance of securing universal mental health care, what it can look like, and how mental health care can be expressed and nurtured (ie art, photos, music, sounds, dance, movement, nature, etc.).

Therefore be it resolved that, I, Justin Towndale, do hereby proclaim the week of May 2 to 7, 2023 as "Mental Health Week" in the City of Cornwall, Ontario.

Justin Towndale
Mayor