

Proclamation Supporting Information

Subject: Recognition of Mental Health Week May 3rd –May 9th 2021

Recommendation

Whereas the Canadian Mental Health Association Champlain East requests that Council joins the national movement of celebrating the 70th annual Mental Health Week and;

This is a great occasion to highlight the importance of mental health as we know many Ontarian's are struggling with their mental health since the pandemic began in 2020.

Whereas the past year was particularly difficult for many and the impact on mental health is of grave concern now and post-pandemic, the recognition of Mental Health Week is a great way to remind people of supports that exist in their communities for the wellbeing of all.

Be it resolved that Council recognize forthwith that the first week in May be it Mental Health Week be recognized by the council and the community at large.

Explanation, history, context

Every May, people in Canadian communities, schools, workplaces and legislatures rally around CMHA Mental Health Week.

- First marked by CMHA in 1951, 2021 marks the 70th annual Mental Health Week.
- Mental Health Week helps 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.
- Mental Health Week is widely recognized on social media, in the news media and with local events like open houses and speakers' series.
- #GetReal about how you feel. Name it, don't numb it. (Theme for this year)

These are times of extreme anxiety and stress. But mental health is something we can protect, not just something we can lose. This CMHA Mental Health Week, we focus on how naming, expressing, and dealing with our emotions — the ones we like and the ones we don't — is important for our mental health.

Heavy feelings lighten when you put them into words. When we voice our emotions, the pain gives way. So, let's understand and name how we feel. Angry? Glad? Frustrated? Sad? It's all good. This Mental Health Week, don't be uncomfortably numb. #GetReal about how you feel. And name it, don't numb it.