



CITY OF KELOWNA

Proclamation

Canadian Mental Health Association Mental Health Week May 7 to 13, 2018

- WHEREAS** the Canadian Mental Health Association's (CMHA) message is about reflecting on our changing attitudes towards and understanding of mental health to eliminate the stigma that keeps people from getting help; and
- WHEREAS** for 67 years, Mental Health Week in May has been led by CMHA, which is also celebrating its 100th anniversary this year.
- WHEREAS** every year during Mental Health Week, CMHA encourages Canadians to "Get Loud" by taking action to improve mental health; and
- WHEREAS** one in five Canadians live with mental health problems, mental illnesses or addiction, but the reality is five in five have mental health; and
- WHEREAS** we can all benefit from celebrating, promoting and acknowledging the role that good mental health plays in living a full and meaningful life;
- THEREFORE** I, Colin Basran, as Mayor of the City of Kelowna, do hereby proclaim May 7 to 13, 2018 as

Mental Health Week

In the City of Kelowna, Province of British Columbia

Colin Basran
MAYOR

APRIL 12, 2018

Dated on this day