



Strathcona County

Mental Health Awareness Week

Mental health is important for everyone. Mental health affects how we feel, think, act and interact with the world around us. We all want to feel safe, seen, understood and connected.

According to the Canadian Mental Health Association, 44 percent of workers say they have experience with mental health issues or mental illness.

Through compassion and acceptance, we can reduce the stigma around mental health. Positive relationships and connections are key to building resiliency, as it equips us with the ability to cope and recover from mental health challenges.

Stigma around mental health challenges may prevent people from reaching out for support. According to the Canadian Mental Health Association, two thirds of us facing mental health challenges do not access help. Asking for help should be celebrated as a sign of strength.

We encourage all community members to get loud about mental health and inspire others by sharing ways to nourish mental health during this year's Mental Health Week, May 6-12, 2019.

NOW THEREFORE I, Mayor Rod Frank, do hereby proclaim the 6th to 12th, of May, 2019 as Mental Health Week in Strathcona County.

Dated this 30th day of April, 2019.

Signed by
Rod Frank, Mayor