



Strathcona County

Mental Health Week

Mental health is just as important as physical health. Supporting mental health starts with practicing self-compassion when we're struggling—and extending that kindness to others too.

For many in our community, the pandemic brought loneliness, financial stress, parenting challenges or other difficulties. As we enter a season of reopening and recovery, we are still dealing with the mental health impacts of the pandemic. Now is the time to rebuild together.

This Mental Health Week, we encourage all community members to get real about their challenges and practice empathy towards others.

THEREFORE, I, Mayor Rod Frank, do hereby proclaim May 2 - 8, 2022 as Mental Health Week in Strathcona County.

Dated this date 3 of May, 2022.

Signed by

Rod Frank, Mayor