



PROCLAMATION

MENTAL HEALTH WEEK

May 5 - 11, 2025

WHEREAS: mental health starts where we all live, work, learn and play, and

WHEREAS: we all have the capacity to be compassionate, and we know that doing so can make an enormous difference; and

WHEREAS: in a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity; and

WHEREAS: mental illness indirectly affects all Canadians at some time through a family member, friend or colleague. In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness; and

WHEREAS: mental illness affects people of all ages, education, income levels, and cultures; and

WHAREAS: by understanding our own mental health, we can better support our families, friends and neighbours and foster a community that is more connected and supported.

NOW THEREFORE: I, Reeve, Jered Serben, do hereby proclaim May 5 - 11, 2025, as Mental Health Week in Smoky Lake County.

A handwritten signature in black ink, appearing to read "Jered Serben", is written over a horizontal blue line.

Smoky Lake County Reeve