



# PROCLAMATION

## MENTAL HEALTH WEEK

**May 6 - 12, 2024**

- 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
- WHEREAS: 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 6 - 12, 2024, 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. The signature is stylized and cursive.

Smoky Lake County Reeve