

## MENTAL HEALTH WEEK

**May 6-12, 2019**

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**WHEREAS:** Mental Health Week promotes mental health awareness through education campaigns, activities and events and offers practical ways to maintain and improve mental health and support recovery from mental health problems and illnesses; and

**WHEREAS:** The Canadian Mental Health Association encourages everyone to Get Loud for mental health – to speak up and take action to improve mental health for all Canadians; and

**WHEREAS:** Increased awareness and understanding of mental health will promote the use of mental health services and supports and ensure Canadians with mental health problems and illnesses are afforded the opportunity to recover; and

**WHEREAS:** The Canadian Mental Health Association actively supports and encourages good mental health in all aspects of our lives, during CHMA Mental Health Week and throughout the year.

**THEREFORE BE IT RESOLVED:**  
That His Worship Mayor Rob Keffer and Members of Council proclaim May 6-12, 2019 as MENTAL HEALTH WEEK in the Town of Bradford West Gwillimbury.