



**Canadian Mental
Health Association**
Newfoundland & Labrador
Mental health for all



*years of
community*

Mental Health Week 2020 Proclamation

WHEREAS, mental health is an essential part of everyone's health and well-being;

WHEREAS, Mental Health Week has been hosted by the Canadian Mental Health Association in communities across Canada for 69 years;

WHEREAS, all people in Canada need to promote, protect and nurture their mental health; and

WHEREAS, promoting social connection is an important aspect of human life and an effective way to protect mental health

WHEREAS, in these days of the COVID-19 pandemic, our community members may be experiencing further difficulties maintaining their mental health; and

WHEREAS, in these days of social distancing, we as a community are experiencing great challenges to maintaining our social connections;

and **WHEREAS**, the municipality of **Channel – Port aux Basques** has a responsibility to promote mental wellness particularly at a time of increased social distancing and social isolation;

NOW THEREFORE BE IT RESOLVED THAT Channel – Port aux Basques hereby proclaims the week of May 4 to 10, 2020, as **CMHA MENTAL HEALTH WEEK**.

I encourage all citizens to join me in underlining the importance of social connection for mental health.



John Spencer
Mayor
Channel – Port aux Basques