



**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;

**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;

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

**WHEREAS**, the Government of Newfoundland and Labrador has a responsibility to promote mental wellness particularly at a time of increased social distancing and social isolation;

**NOW THEREFORE BE IT RESOLVED THAT THE GOVERNMENT OF NEWFOUNDLAND AND LABRADOR** hereby proclaims the week of May 4 to 10, 2020, as **MENTAL HEALTH WEEK**.

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

**Newfoundland  
Labrador**

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**JOHN HAGGIE, M.D.**  
Minister of Health and Community Services