



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 **St. Lawrence**, has a responsibility to promote mental wellness particularly at a time of increased social distancing and social isolation;

**NOW THEREFORE BE IT RESOLVED THAT St. Lawrence** 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.



*Paul A. Pike*

**Paul A. Pike**  
**Mayor**  
**Town of St. Lawrence**