

THE CORPORATION OF THE CITY OF BARRIE
Mayor's Office

PROCLAMATION

I, ALEX NUTTALL, Mayor of the City of BARRIE,

do hereby proclaim

May 1, 2023 – May 7, 2023

as

Mental Health Week

- WHEREAS;** Mental health is an essential aspect of our overall well-being and is crucial for a healthy and productive life. One in five Canadians experience a mental illness or mental health issue, but we all have mental health; and
- WHEREAS;** Community-based mental health care champions, programs, and communities are vital in promoting and protecting mental health and well-being; and
- WHEREAS;** Securing universal mental health care is critical in ensuring everyone has access to the necessary resources and support they need. Mental health care can be expressed and nurtured through various means such as art, photos, music, sounds, dance, movement, nature, and more; and
- WHEREAS;** During CMHA National Mental Health Week 2023, we will shine a spotlight on community-based mental health care champions, programs, and communities while showcasing the importance of securing universal mental health care, what it can look like, and how mental health care can be expressed and nurtured; and
- WHEREAS;** The theme for this year's Mental Health Week is "My Story," recognizing that we all have different yet equally valuable stories that can be used to share the message that universal mental health care is important and needed now.
- THEREFORE,** I, Alex Nuttall, Mayor of the City of Barrie, do hereby proclaim **May 1 to May 7, 2023** as "**CMHA Mental Health Week.**" I urge all citizens to participate in activities and events that promote mental health awareness, share their stories, and support community-based mental health care champions, programs, and communities. Let us work together to create a society that values and prioritizes mental health and well-being.

Alex Nuttall
Mayor