



**PROCLAMATION  
"MENTAL HEALTH WEEK"  
MAY 4 – 10/2015**

WHEREAS: one in every five Canadians will experience a mental health concern in their lifetime and mental health concerns affect people of all ages, backgrounds, at all stages of life; and

WHEREAS: the Canadian Mental Health Association Mid Island is a leader and champion for mental health, recognizes that mental health is an integral component of overall health. Our vision is mentally healthy people in a healthy society. We believe in mental health for all; and

WHEREAS: that physical and mental health are linked. By promoting mental health through mental health awareness, preventing mental illness and substance use problems and intervening early when problems arise, we can achieve this goal; and

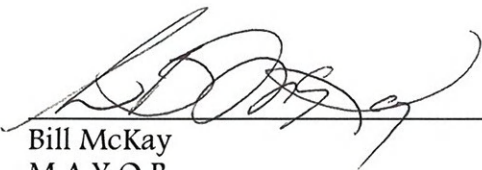
WHEREAS: we all have mental health, just as we all have physical health. Mental health is more than the absence of mental illness. It is the capacity of each and all of us to enjoy life and to be able to meet the challenges we face; and

WHEREAS: we invite all Nanaimo community members to be proactive and to actively protect and preserve their mental well-being.

**NOW, THEREFORE, I, Bill McKay, Mayor of the City of Nanaimo, do hereby proclaim that May 4<sup>th</sup> to 10<sup>th</sup>, 2015, be known as:**

**"MENTAL HEALTH WEEK"**

in the City of Nanaimo.

  
Bill McKay  
MAYOR

DATED THIS 30TH DAY OF APRIL, 2015.

