

World Mental Health Day

October 10, 2023

Proclamation

Whereas, Sturgeon County is committed to building a thriving community that recognizes the significance of mental health in the lives of our residents and is committed to fostering a community that values and supports mental well-being for all; and

Whereas, the World Health Organization and the World Federation for Mental Health have designated October 10 as World Mental Health Day; and

Whereas, this day is about raising awareness of mental health and driving positive change for access to mental health services; and

Whereas, Sturgeon County recognizes that good quality community mental health services and supports are crucial for all our futures; and

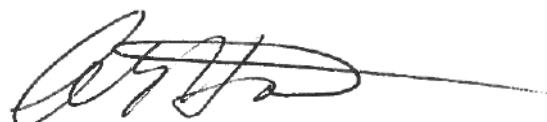
Whereas, Sturgeon County, through its Family and Community Support Services department and its community partners, offers programming and workshops to develop and enhance mental health supports tailored for our community; and

Whereas, Sturgeon County offers Living Well Counselling Services free of charge for residents through its Family and Community Support Services department. This vital service provides a safe and confidential way for individuals to access mental health support.

Therefore, I, Alanna Hnatiw, Mayor of Sturgeon County, do hereby proclaim October 10 as Mental Health Day in Sturgeon County.

On this day, I urge all residents to reflect on how we can drive change towards a society where everyone can access mental health care and reduce the stigma and discrimination surrounding mental health. Let's work together to support communities, families, and individuals to live healthy lives.

By recognizing World Mental Health Day, we affirm our commitment to building a thriving and healthy community that values and supports mental well-being for all.



Alanna Hnatiw
Mayor, Sturgeon County