



# Mental Health Week

May 5-11, 2025

## 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*, Canada designates the first full week of May as Mental Health Week, an annual event to raise awareness and celebrate the importance of mental health; and

*Whereas*, Sturgeon County offers programming, workshops and services for residents to access mental health resources and support;

*Therefore*, I, Alanna Hnatiw, Mayor of Sturgeon County, do hereby proclaim May 5 to 11, 2025, as Mental Health Week in Sturgeon County.

I urge all residents to use this week as an opportunity to reflect on the importance of mental health and the part we each play in fostering a community that advocates for and supports positive mental health.

By creating a society where everyone feels free to talk about mental health, we can support our communities, families and each other to live healthy lives.



Alanna Hnatiw  
Mayor, Sturgeon County