



## Office of the Mayor

CITY OF NORTH VANCOUVER  
BRITISH COLUMBIA

# Proclamation

## MENTAL HEALTH WEEK

*Whereas*

the Canadian Mental Health Association annually promotes Mental Health Week, which has become an important awareness event in Canada, helping to end the discrimination, stigma and shame surrounding mental illness;

*Whereas*

the 2024 theme, "Anxiety", encourages individuals to research, explore and learn more about anxiety, or other mental health conditions, and invite others to speak openly about anxiety, how it affects them, and hear the effective ways of how others cope with such feelings;

*Whereas*

we can all benefit from promoting and acknowledging the role that good mental health plays in living a full and meaningful life;

*And Whereas*

Mental Health Week is a celebration of mental health and an opportunity to raise awareness that difficult feelings are normal and inform the public that resources are available for persons who may need support;

*Now Therefore*

I, Linda Buchanan, Mayor of the City of North Vancouver, do hereby proclaim **May 6 to 12, 2024** as **Mental Health Week** in the City of North Vancouver, the traditional territories of the Squamish and Tsleil-Waututh Nations.

So proclaimed on Monday, May 6, 2024

*Linda C. Buchanan*

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Mayor Linda Buchanan