



Canadian Mental Health Awareness Month

May 2024

Whereas, CMHA Mental Health Month promotes mental health awareness across Canada and offers practical ways to maintain and improve mental health and support recovery from mental health and addictions issues; and,

Whereas, annually, 1 in 5 Canadians will experience a mental health problem or illness and by age 40, 50 per cent of the population will have had or have a mental illness. Mental illness can affect anyone regardless of age, education, income level, and culture; however, the effects of mental illness for individuals experiencing racism, poverty, discrimination, colonial and gender-based violence, and being unsheltered can be more severe; and

Whereas, Increased awareness and understanding of mental health will promote the use of mental health services and supports and ensure Canadians with mental health and addictions issues are afforded the opportunity to recover; and,

Whereas, There is no health without mental health, CMHA encourages Canadians to look after their mental health in the same manner they would their physical health; and,

Whereas, Good mental health is an essential part of the overall wellbeing of Canadians and not receiving adequate support for mental illness can have negative and long-lasting consequences; and

Whereas, The Canadian Mental Health Association actively supports and encourages good mental health in all aspects of our lives, during CMHA Mental Health Month and throughout the year; and,

Whereas, Now more than ever, it is important to advocate for mental health for all.

NOW, THEREFORE, I, Amy Cherniwchan, Mayor of the Town of Smoky Lake, do hereby declare May 2024, as the Canadian Mental Health Association Mental Health Month and call upon my fellow citizens to acknowledge and promote productive conversations, behaviours and beliefs around mental health and highlight mental health services and supports available in communities across Canada.

Signed on Original

Amy Cherniwchan
Mayor