



SMITHS FALLS

RISE AT THE FALLS

PROCLAMATION

Mental Health Week 2023

WHEREAS mental health is an essential part of everyone's health and well-being;

WHEREAS Mental Health Week has been hosted by the Canadian Mental Health Association in communities across Canada for over 70 years;

WHEREAS all people in Canada need to promote, protect and nurture their mental health; and

WHEREAS promoting social connection is an important aspect of human life and an effective way to protect mental health; and

WHEREAS in the past three years of the pandemic, our community members may have or still be experiencing further difficulties maintaining their mental health and social connections.

NOW THEREFORE BE IT RESOLVED that I, Jay Brennan, Acting Mayor of the Town of Smiths Falls hereby proclaims the week of May 1st to May 7th, 2023, as MENTAL HEALTH WEEK in the Town of Smiths Falls. I encourage all citizens to join me in underlining the importance of social connection for mental health.

May 1st, 2023

Jay Brennan, Acting Mayor