



**Canadian Mental  
Health Association**  
New Brunswick  
*Mental health for all*

**Association canadienne  
pour la santé mentale**  
Nouveau-Brunswick  
*La santé mentale pour tous*

## **Mental Health Week 2021 Proclamation**

**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 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

**WHEREAS**, in these days of the COVID-19 pandemic, our community members may be experiencing further difficulties maintaining their mental health; and

**WHEREAS**, in these days of social distancing, we as a community are experiencing great challenges to maintaining our social connections;

And **WHEREAS**, the municipality of Village of Harvey, has a responsibility to promote mental wellness particularly at a time of increased social distancing and social isolation;

**NOW THEREFORE BE IT RESERVED THAT** the Village of Harvey hereby proclaims the week of May 3 to 9, 2021, as **CMHA MENTAL HEALTH WEEK**.

I encourage all citizens to join me in underlining the importance of social connection for mental health.

Winston Gamblin

Mayor - Village of Harvey