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Proclamation

Event: Mental Health Awareness Month

Date: May 2025

“Whereas May is recognized as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources; and

Whereas mental health is a vital component of overall well-being, affecting individuals, families, and communities across Canada and around the world; and

Whereas one in five Canadians will experience a mental health challenge or illness in any given year; and

Whereas mental illness can affect individuals of all ages, backgrounds, education levels, and income groups, while systematic inequalities – such as racism, poverty, homelessness, discrimination and gender-based violence – can further impact mental health and impact access to necessary support; and

Whereas Northumberland County recognizes the importance of mental wellness and remains committed to fostering awareness, reducing stigma, and promoting programs and initiatives that support mental health for all;

Now Therefore Be It Resolved That I, Warden Brian Ostrander, on behalf of Northumberland County Council do hereby proclaim the month of May 2025 to be ‘Mental Health Awareness Month’ in Northumberland County.”

Dated this 16 day of April, 2025

Brian Ostrander, Warden