



## PROCLAMATION

### Mental Health Week - May 4-10, 2026

**WHEREAS**, for more than 70 years, the Canadian Mental Health Association has led Mental Health Week initiatives in communities across Canada; and

**WHEREAS**, mental health is a vital component of overall health and well-being, and everyone has a role to play in promoting, protecting, and nurturing positive mental health; and

**WHEREAS**, the Canadian Mental Health Association's theme for the 75th annual Mental Health Week, taking place May 4–10, 2026, is "*Come Together, Canada: Stronger Connections, Better Mental Health*," which focuses on combating loneliness by fostering social connection and emphasizes that connecting with others strengthens mental health; and

**WHEREAS**, Mental Health Week is recognized nationally as an opportunity to challenge stigma, strengthen understanding, and promote attitudes and behaviours that support mental well-being and inclusion;

**THEREFORE, BE IT RESOLVED**, that I, Steve Ferguson, Mayor of the Corporation of the County of Prince Edward, on behalf of Council, do hereby recognize May 4–10, 2026, as **Mental Health Week** in the County of Prince Edward;

**AND FURTHER**, that residents are encouraged to take meaningful action to support mental health, strengthen social connections, and contribute to a caring and inclusive community where mental well-being is recognized as a shared responsibility.

**Dated** at Picton this 21st day of April 2026  
Mayor Steve Ferguson