



Proclamation

WORLD MENTAL HEALTH DAY October 10, 2018

- Whereas:* World Mental Health Day is an education and awareness campaign designed to encourage people to talk, reflect and engage with others on the importance of mental health and the reality of mental illness; and
- Whereas:* nearly 1 in 5 Canadians will suffer a mental disorder in their lives, with the remaining four Canadians affected by a mental illness through a family member, friend or co-worker; and
- Whereas:* of the 10 leading causes of disability worldwide, five are mental disorders: major depression, schizophrenia, bipolar disorder, substance abuse disorder and obsessive compulsive disorder: 30 to 40 percent of disability claims are for depression; and
- Whereas:* stigma is the number one reason people do not seek treatment, experience workplace and social discrimination and experience barriers to recovery; and
- Whereas:* young adults are at the age when serious mental illness can occur so mental health literacy and education are vital in the prevention, recognition, response and early treatment of mental illness in order to reduce the severity and support the recovery.

Now therefore, as Mayor of the City of Prince George, I proclaim
October 10, 2018 as: **"WORLD MENTAL HEALTH DAY"** in the City of Prince George.

Lyn Hall, Mayor