



PROCLAMATION

MENTAL HEALTH WEEK

May 4- 10, 2026

- WHEREAS: mental health starts where we all live, work, learn and play, and
- WHEREAS: we all have the capacity to be compassionate, and we know that doing so can make an enormous difference; and
- WHEREAS: in a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity; and
- WHEREAS: mental illness indirectly affects all Canadians at some time through a family member, friend or colleague. In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness; and
- WHEREAS: mental illness affects people of all ages, education, income levels, and cultures; and
- WHEREAS: by understanding our own mental health, we can better support our families, friends and neighbours and foster a community that is more connected and supported.
- NOW THEREFORE: I, Reeve, Craig Lukinuk, do hereby proclaim May 4 - 10, 2026, as Mental Health Week in Smoky Lake County.