



THE CITY OF WINDSOR

OFFICE OF THE MAYOR

DREW DILKENS, DBA
MAYOR

PROCLAMATION

"CANADIAN MENTAL HEALTH ASSOCIATION MENTAL HEALTH MONTH" May 2020

WHEREAS: CMHA Mental Health Month promotes mental health awareness across Windsor and Essex County and offers practical ways to maintain and improve mental health and support recovery from mental health and addictions issues; and

WHEREAS: Increased awareness and understanding of mental health will promote the use of mental health services and supports and ensure Canadians with mental health and addictions issues are afforded the opportunity to recover; and

WHEREAS: There is no health without mental health, CMHA encourages Ontarians to look after their mental health in the same manner they would their physical health; and

WHEREAS: The Canadian Mental Health Association actively supports and encourages good mental health in all aspects of our lives, during CMHA Mental Health Month and throughout the year; and

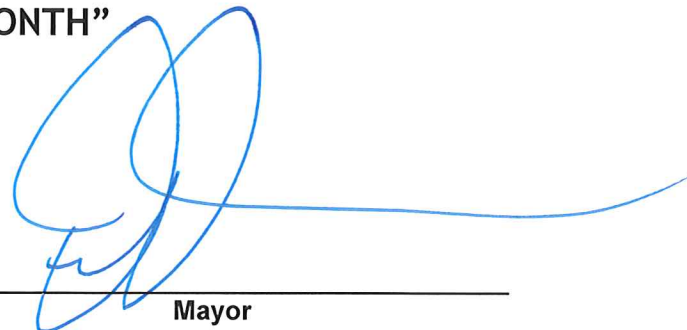
WHEREAS: Now more than ever, as we practice physical distancing, it is important to maintain good physical and mental health, and to keep connected with our friends, family and colleagues in new, innovative and virtual ways.

THEREFORE: I, Drew Dilkens, Mayor of the City of Windsor, am pleased to proclaim May as "CMHA Mental Health Month" and strongly encourage all citizens of our community to join me.

May 2020

"CANADIAN MENTAL HEALTH ASSOCIATION MENTAL HEALTH MONTH"

in the City of Windsor.



Mayor