



## OFFICE OF THE MAYOR

### Mental Health Awareness Week

**WHEREAS** mental health is a vital part of overall well-being, and mental health challenges can affect individuals in every community, regardless of age, background, or circumstance; and,

**WHEREAS** one in four people in Canada experience a mental health issue at some point in their lives, and many more are impacted by the challenges of supporting loved ones with mental health conditions; and,

**WHEREAS** stigma surrounding mental health can prevent individuals from seeking the help and support they need, and it is critical to foster open dialogue, increase understanding, and break down those barriers; and,

**WHEREAS** Mental Health Awareness Week offers an opportunity to promote mental health education, raise awareness, and encourage support for individuals facing mental health challenges within our community; and,

**WHEREAS** Cochrane is committed to building a supportive, compassionate, and inclusive environment that prioritizes mental well-being for all residents.

**NOW THEREFORE** on behalf of Council, I, Morgan Nagel, Mayor of the Town Cochrane Alberta, do hereby proclaim the week of May 3-9, 2026 as "**Mental Health Awareness Week**" in Cochrane, Alberta. I encourage all citizens to participate in activities and initiatives aimed at raising awareness, reducing stigma, and promoting positive mental health in our community.

Dated on this day February 26, 2026.

\_\_\_\_\_  
Signature