



THE CORPORATION OF THE TOWN OF COCHRANE

PROCLAMATION

**Mental Health Week
May 5th – May 11th, 2025**

WHEREAS all people have an equal right to the highest attainable standard of mental well-being, which is inseparable from their right to social protection, an adequate standard of living and freedom from discrimination;

WHEREAS 1 in 5 Canadians experience mental illness or a mental health issue in any given year, but 5 in 5 of us, have mental health;

WHEREAS Government, Indigenous leadership, health authorities, businesses and community organizations have a shared opportunity to improve the lives and health of people living in Ontario by providing the basic supports that lay the foundation for mental well-being and delivering the services that enable recovery and provide the opportunity for all people to thrive;

WHEREAS the Northeast Mental Health Committee calls for the public to become informed about mental health and to focus collective efforts on the protective factors that enable people to achieve their highest standard of mental well-being; these include initiatives that range from poverty reduction, stable and affordable housing, attainable education to wrap-around health services;

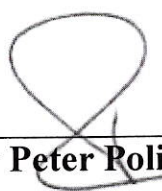
WHEREAS Mental Health Week provides a unique opportunity to affirm our shared commitment to building public awareness of the importance of mental well-being;

WHEREAS the Northeast Mental Health Week Committee has collaborated among its members (Northeastern Ontario Family and Child Services, Canadian Mental Health Association Cochrane Timiskaming, Northeastern Public Health, District School Board Ontario North East, North Eastern District Catholic School Board, Conseil scolaire du distrique des Grandes-Rivières, Conseil scolaire publique du Nord-est, Kunuwanimano Child and Family Services, Mushkegowuk Council, Misiway Community Health Centre) to host many activities and initiatives this year in communities across the districts of Cochrane and Timiskaming to help raise awareness and educate the public on the importance of social connection in bolstering mental well-being.

NOW THEREFORE, I, Mayor Peter Politis do hereby declare the Week of May 5th to May 11th, 2025, as “Mental Health Week” in the Corporation of the Town of Cochrane.

Dated this 22nd Day of April 2025.





Mayor Peter Politis