



Proclamation

Men's Mental Health Month

WHEREAS, Men's Mental Health is an annual public education campaign designed to encourage Canadians to learn, talk, reflect and engage with others on the importance of Men's Mental Health and reality of mental illness; and,

WHEREAS, nearly one in five Canadians is affected by mental illness, yet a persistent stigma prevents men from getting the help they need; and,

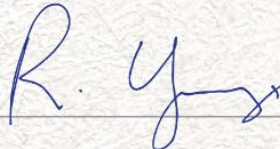
WHEREAS, men are less likely to recognize, talk about, and seek treatment for their illness, yet, up to 10% of men experience paternal postpartum depression, and 80% of people who die by suicide are men; and,

WHEREAS, the objective of Men's Mental Health is understanding our emotions and recognizing, labeling as well as accepting our feelings as part of protecting good mental health for everyone; and,

WHEREAS, City of Leduc is committed to the mental health of our community and wants to break down barriers of Men's Mental Health by offering support and programs to our families, friends and neighbours; and,

THEREFORE, I do hereby recognize the month of June as Men's Mental Health month in Leduc, Alberta.




Bob Young | Mayor

