

“WORLD MENTAL HEALTH DAY”

WHEREAS *World Mental Health Day is an education and awareness campaign designed to encourage people to talk, reflect and engage with others on the importance of mental health and the reality of mental illness; and*

WHEREAS *nearly 1 in 5 Canadians will suffer a mental disorder in their lives, with the remaining four Canadians affected by a mental illness through a family member, friend or co-worker; and*

WHEREAS *of the 10 leading causes of disability worldwide, five are mental disorders: major depression, schizophrenia, bipolar disorder, substance abuse disorder and obsessive compulsive disorder: 30 to 40 percent of disability claims are for depression; and*

WHEREAS *stigma is the number one reason people do not seek treatment, experience workplace and social discrimination and experience barriers to recovery; and*

WHEREAS *young adults are at the age when serious mental illnesses can occur so mental health literacy and education are vital in the prevention, recognition, response and early treatment of mental illness in order to reduce the severity and support the recovery.*

NOW, THEREFORE I do hereby proclaim the day of October 10th, 2018 as **“WORLD MENTAL HEALTH DAY”** on the **TRADITIONAL TERRITORIES** of the **ESQUIMALT AND SONGHEES FIRST NATIONS** in the **CITY OF VICTORIA, CAPITAL CITY** of the **PROVINCE of BRITISH COLUMBIA**,

IN WITNESS WHEREOF, I hereunto set my hand this 4th day of October, Two Thousand and Eighteen.

LISA HELPS
CITY OF VICTORIA
BRITISH COLUMBIA

Sponsored by:
Carol Todd
Amanda Todd Legacy Society
World Mental Health Awareness