**CMHA’S MENTAL HEALTH WEEK PROCLAMATION**

**WHEREAS**, May 2-8, 2022 is CMHA’s 71st Mental Health Week. The core objective of the week is mental health promotion.

**WHEREAS**, Mental Health Week’s 2022 theme will focus on Empathy – Be there, listen completely, and see the world through other people’s eyes. When times are tough we need to be there for each other. It’s how to really help.

**WHEREAS**, CMHA’s mission is to facilitate access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

**NOW THEREFORE BE IT RESOLVED THAT** (xxxx) hereby proclaims the week of May 2 to 8, 2022, as **CMHA’S MENTAL HEALTH WEEK**. We encourage everyone to #Get Real About How To Help.



 xxxx (insert name of group, business, town or city)