Proclamation

“Canadian Mental Health Week”
May 4 - 10, 2026

Whereas the Canadian Mental Health Association has promoted Mental Health Week annually since 1951, and it has become an important national awareness event that helps reduce discrimination, stigma, and shame surrounding mental illness while shifting societal perceptions of mental health;

Whereas Mental Health Week celebrates mental health, highlights that difficult emotions are a normal part of life, and reinforces its importance to overall well-being and living a full, meaningful life;

Whereas this week encourages productive conversations and supportive behaviours that foster a culture of acceptance and understanding, strengthening community well-being;

Whereas the 2026 theme, “Come Together, Canada: Stronger Connections, Better Mental Health,” encourages individuals, organizations, and communities to spark small everyday actions to build connection, promote empathy, and support mental wellness;

Whereas together we can strengthen mental health, build healthier communities, and help more people feel connected, as connection is fundamental to mental health;

Whereas the Town of Hearst is committed to promoting mental health, supporting access to mental health programs and services and recognizes the importance of building healthy, resilient communities.

Now Therefore, I**, Mayor Roger Sigouin** do hereby proclaim May 4–10, 2026, as

“Canadian Mental Health Week”

in the Town of Hearst.

Dated at Hearst, this 4th day of May 2026.

The Corporation of the Town of Hearst
925 Alexandra Street
Postal Bag 5000
Hearst, ON P0L 1N0
www.hearst.ca