



# PROCLAMATION

## WORLD MENTAL HEALTH DAY

- WHEREAS** World Mental Health Day is an education campaign designed to encourage people to talk about, reflect upon 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 4 Canadians affected by a mental illness through a family member, friend or co-worker. Of the 10 leading causes of disability worldwide, 5 are mental disorders, including: depression, schizophrenia, bipolar disorder, substance abuse disorder and obsessive compulsive disorder; and
- WHEREAS** stigma is the number one reason people do not seek or receive treatment, experience workplace and social discrimination, and experience barriers to recovery;
- NOW THEREFORE I,** Darrell Mussatto, Mayor of the City of North Vancouver, do hereby proclaim **October 10, 2015** as **WORLD MENTAL HEALTH DAY** in the City of North Vancouver.

So proclaimed on Monday, October 5, 2015

Mayor Darrell Mussatto