



Proclamation

Mental Health Week May 4-10, 2026

WHEREAS Mental Health Week is a national awareness and advocacy campaign recognized across Canada since 1951, dedicated to promoting understanding of mental health, encouraging open dialogue, and reducing stigma; and

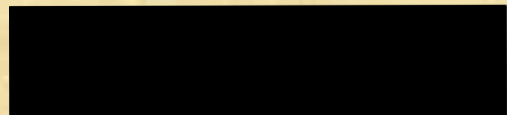
WHEREAS the Canadian Mental Health Association, Nova Scotia Division, in collaboration with its Halifax-Dartmouth Branch, works to support individuals and families through community-based mental health programs, advocacy, and initiatives that promote well-being and social inclusion; and

WHEREAS this year's theme, "Come Together Canada," highlights the vital role that social connection plays in our overall well-being and encourages individuals, organizations, and communities to foster meaningful connections through everyday moments; and

WHEREAS strengthening community connections contributes to improved mental health outcomes, reduces isolation, and supports the overall well-being of residents across the Halifax Regional Municipality;

THEREFORE BE IT RESOLVED THAT I, Mayor Andy Fillmore, on behalf of Halifax Regional Council, do hereby proclaim May 4–10, 2026, as Mental Health Week in the Halifax Regional Municipality, and encourage all residents to come together in support of mental health and well-being.

Dated at Halifax, Nova Scotia
this 4th day of May 2026



Andy Fillmore
Mayor