



## Proclamation

### **Mental Illness Awareness Week October 5–11, 2025**

**WHEREAS**, mental health is essential to the well-being and overall health of every citizen in the Town of Ponoka; and

**WHEREAS**, one in five Canadians will experience a mental health problem or illness in any given year, affecting people of all ages, backgrounds, and walks of life; and

**WHEREAS**, mental illness can profoundly impact individuals, families, and our community as a whole—but with understanding, treatment, and support, recovery is possible; and

**WHEREAS**, reducing stigma through education and awareness is vital to ensuring people feel safe and supported in seeking help when they need it; and

**WHEREAS**, Mental Illness Awareness Week is a national campaign dedicated to educating the public, raising awareness, and promoting compassion and open dialogue around mental health issues; and

**WHEREAS**, the Town of Ponoka recognizes the importance of promoting mental health services, encouraging early intervention, and supporting those who live with mental illness;

**NOW THEREFORE**, I, Kevin Ferguson, Mayor of the Town of Ponoka, do hereby proclaim the week of **October 5 to 11, 2025**, as **Mental Illness Awareness Week** in the Town of Ponoka.

A handwritten signature in blue ink, appearing to read 'Kevin Ferguson', is written over a horizontal line. The signature is stylized and extends below the line.

Kevin Ferguson, Mayor