



### **Proclamation: Child & Youth Mental Health Day, May 7, 2019**

**Whereas**, good mental health is a key component in a child’s overall healthy development and Child & Youth Mental Health Day provides the opportunity to focus on this, and encourage Caring Connected Relationships.

**Whereas**, An estimated 1.2 million **children and youth** in Canada are affected by **mental illness**—yet, less than 20 per cent will receive appropriate treatment.

**Whereas** research has shown early identification and appropriate care of mental health challenges among children and youth provide them better outcomes now and in the future.

**Whereas**, this year’s theme is ‘I care about the whole you.’ May 7th is about having caring conversations and making connections between children, youth and caring adults in their lives.

**Whereas**, Caring Connections enhance the mental health of children and youth and it is part of their overall health.

**Whereas**, we are all made of up many pieces that help us be healthy. For May 7th we invite everyone to help foster well-being and caring connected relationships with a child & youth in their lives by asking them what they already do or could do, to take care of their heart, mind, and body. Therefore, I \_\_\_(Name)\_\_\_\_\_, \_ (Title) of the (Name of City), do hereby proclaim May 7, 2019, as Child & Youth Mental Health Day.

Now, Therefore, I \_\_\_(Name)\_\_\_\_\_, \_ (Title) of the (Name City), do hereby proclaim May 7th as National Child & Youth Mental Health Day.