



Office of the Mayor
CITY OF NORTH VANCOUVER
BRITISH COLUMBIA

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 affecting nearly 1 in 5 Canadians in their lifetime;

Whereas

the World Federation for Mental Health's 2026 theme, "Lived Experiences Heard: Real Voices, Real Change", recognizes that open dialogue about mental health experiences can help foster understanding, connect people with support, and identify meaningful ways to support community members facing challenges;

And Whereas

we all have a role to play to address these disparities and ensure that people with lived experience of mental health are fully integrated in all aspects of life;

Now Therefore

I, Linda Buchanan, Mayor of the City of North Vancouver, do hereby proclaim **October 10, 2026** as **World Mental Health Day** in the City of North Vancouver, the traditional territories of the Squamish and Tsleil-Waututh Nations.

So proclaimed on Saturday, October 10, 2026

Linda C. Buchanan

Mayor Linda Buchanan