



OFFICE OF THE MAYOR

## MATERNAL HEALTH WEEK PROCLAMATION

- WHEREAS** The Red Deer & Area Maternal Mental Health Committee strives to support local initiatives, education, resource development and access to supports by reducing the stigma of maternal mental health; and
- WHEREAS** In Canada and worldwide, 20 percent of women experience some sort of mood or anxiety disorder after the birth of a child; and
- WHEREAS** Women of every age, ethnicity and socio-economic background can develop perinatal mood and anxiety disorder during pregnancy and post-pregnancy; and
- WHEREAS** Increased awareness will drive social change and improve quality and timing of care so new mothers do not have to suffer in silence.
- WHEREAS** The first week of May is recognized as "Maternal Mental Health Week" in Red Deer by the Red Deer & Area Maternal Mental Health Steering Committee.

### NOW THEREFORE

I, Ken Johnston, Mayor of the City of Red Deer, encourage Red Deerians to take the opportunity to learn about the prevention, recognition, response and early treatment of maternal mental health challenges in support of mental health for all in our community.

**IN WITNESS WHEREOF**, I have hereunto set my hand and cause the Official Seal of The City of Red Deer to be affixed.



Mayor Ken Johnston  
City of Red Deer

