



## OFFICE OF THE MAYOR

### PROCLAMATION

**WHEREAS** Counselling Alberta is committed to providing affordable and professional counselling services that help build better lives for Albertans. Since 2005, National Depression Screening Day (NDS) has raised community awareness by offering a free and anonymous online screening tool for depression.

**WHEREAS** Depression is the most treatable mental health issue, early treatment promotes faster recovery and prevents long-term effects on individuals and their families;

**WHEREAS** In 2023, of the 4,534 Albertans who participated in the NDS online screening test, 58 percent were recommended to seek further evaluation;

**WHEREAS** During the week of October 7-13, Albertans are encouraged to check in on their mental health and take the free online screening test at [areyoufeelingok.com](http://areyoufeelingok.com)

### NOW THEREFORE

I, Ken Johnston, Mayor of the City of Red Deer, do hereby proclaim October 10, 2024 as National Depression Screening Day and encourage Red Deerians to learn more about depression, support those affected, and to participate in screenings and discussions that promote mental health awareness.

**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

