PROCLAMATION

Black Mental Health Month

WHEREAS: March 1st marks Black Mental Health Day. This year the City of Brampton will celebrate Black Mental Health Month by amplifying the impact that anti-Black racism has on Black Canadians' mental health.

The theme for Black Mental Health 2023 is Be You, Be Well. Community members are encouraged to apply practical tools to combat and strengthen their mental health and overall wellness.

It is well documented that there is a positive correlation between racism and mental health and the adverse affects on an individuals' physical and mental health, whether one experiences racism directly or indirectly.

The City of Brampton will work collaboratively with both internal and external stakeholders to identify systemic barriers, develop strategies to mitigate the impacts and promote the elimination anti-Black racism in Brampton.

During the Black Mental Health Month, the City of Brampton will host an event in acknowledgment of the adverse effects of Anti-Black Racism on mental health and wellness with an aim to collaboratively provide tools and resources that could be used in minimizing these effects.

The City of Brampton will also endeavor to continuously support Black communities and staff towards improved mental health and wellness outcomes and eradicating anti-Black Racism in our communities.

THEREFORE: I, Mayor Patrick Brown, on behalf of Brampton City Council, do hereby proclaim the first week of March as "Black Mental Health Month" in the City of Brampton.

Mayor Patrick Brown, City of Brampton