PROCLAMATION

World Teen Mental Wellness Day

WHEREAS: March 2nd marks World Teen Mental Wellness Day. According to the World Health Organization (WHO), one in seven people between the ages of 10 and 19 currently experience mental illnesses.

This day aims to normalize conversations and dismantle stigmas around teen mental health issues. In Brampton, youth-serving organizations and cross-functional City departments are committed to growing and developing youth opportunities.

In recognition of World Teen Mental Wellness Day, the City of Brampton's Recreation Division along with community partners are hosting a free event on Saturday, March 2, 2024 at the Susan Fennell Sportsplex.

Youth are encouraged to participate in educational and creative workshops, explore community resources specializing in teen mental health.

World Teen Mental Wellness Day will raise awareness, decrease stigma, and spark very important conversations around the topic of mental well-being. Youth will gain valuable information and mental health tools available to them.

THEREFORE: I, Mayor Patrick Brown, on behalf of Brampton City Council, do hereby proclaim March 2, 2024 as “World Teen Mental Wellness Day” in the City of Brampton.

Mayor Patrick Brown, City of Brampton