



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 (NDSD) 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 2024, of the 2,498 Albertans who participated in the NDSD online screening test, 63 percent were recommended to seek further evaluation; Whereas: During the week of October 6-12, Albertans are encouraged to check in on their mental health and take the free online screening test at areyoufeelingok.com

NOW THEREFORE

I, Ken Johnston, Mayor of the City of Red Deer, do hereby proclaim that October 9, 2025 be known as National Depression Screening Day and encourage all residents to take advantage of free mental health screenings, educate themselves and others about the signs and symptoms of depression, and support efforts to reduce the stigma surrounding mental health care.

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

