

PROCLAMATION

BY THE MAYOR

National Depression Screening Day October 8, 2026

Whereas since 2005, Counselling Alberta and Calgary Counselling Centre have hosted National Depression Screening Day as a free public service to raise awareness about depression and the importance of checking in on our mental health;

Whereas each year, for one week in October, Albertans are encouraged to visit areyoufeelingok.com to take a free, anonymous online screening that helps identify symptoms of depression and encourages people to seek support;

Whereas last year, over 2,200 Albertans used the online screening tool and many more accessed counselling services through Counselling Alberta, including individuals from our own community; and

Whereas recognizing National Depression Screening Day is a way to normalize conversations about mental health, reduce stigma, and encourage even more people to take that first step toward feeling better.

Therefore, be it resolved that I, Deputy Mayor Karen Aberle, do hereby proclaim October 8, 2026, to be designated as **National Depression Screening Day** in the City of Wetaskiwin.

Karen Aberle, Deputy Mayor