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STATEMENT FROM NEW TECUMSETH MAYOR, RICK MILNE



As we face the COVID-19 global pandemic, we need each other now more than ever. May 3 – 10, 2020 is Mental Health Week in Canada and I encourage everyone in the Town of New Tecumseth to raise their voices and #GetLoud for mental health. Led by the Canadian Mental Health Association, [Mental Health Week](#) calls on all of us to share our stories and listen to others, and make sure those struggling with mental health issues know they are not alone.

Even if we can't be close physically with one another, we need to stay close emotionally. Phone calls, video calls and other digital technologies offer excellent opportunities for connecting face-to-face, even when we can't be in the same room. During this week, let's say more than just "I'm fine." Let's have real conversations with our friends, neighbours and coworkers about how we're all really doing. We're in this together.

During this week there are many initiatives being undertaken to support mental health. On behalf of Council May 3-10, 2020 has been proclaimed [Maternal Mental Health](#) week in the Town and I ask that in support of [Children's Mental Health](#) you "Shine Green" by wearing the colour green which represents hope, growth and transformation in support of child and youth mental health. If you or your loved ones needs help or support during this time there are a number of resources available to you on our website at newtecumseth.ca/COVID19.

May 4–10, 2020 is the 20th annual Hospice Palliative Care Week. It is time to celebrate and share the achievements of Hospice Palliative Care throughout the nation. On behalf of Council, this week has been proclaimed as [Hospice Palliative Care Week](#) in the Town of New Tecumseth, in support of our community provider Matthew's House Hospice who offer caring and compassionate services for individuals, their loved ones and care givers, who are taking a journey of a life limiting illness or grieving a loss.

In these days of social distancing (more accurately called *physical* distancing), we are learning that we don't have to *be* close to *feel* close. **Let's work together to stay apart.**



Rick Milne, Mayor
Town of New Tecumseth