



CHESTERMERE

Proclamation

NATIONAL DEPRESSION SCREENING DAY

October 8, 2026

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; and

WHEREAS depression is the most treatable mental health issue, and early treatment promotes faster recovery and prevents long-term effects on individuals and their families; and

WHEREAS during the week of October 5–11, 2026, Albertans are encouraged to check in on their own mental health and the well-being of others, to recognize possible signs of depression, to engage in open and compassionate conversations, and to seek appropriate support and professional guidance when needed; and

THEREFORE I, Shannon Dean, Mayor of the City of Chestermere, do hereby proclaim October 8, 2026, in the City of Chestermere as:

“National Depression Screening Day”

Mayor Shannon Dean

