

**Pilon, Janet**

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**Subject:** Followup: Mental Health Challenges and Mask Exemptions

**From:** Nadia-Eva Mastroianni

**Sent:** Friday, July 10, 2020 6:07 PM

**To:** Office of the Mayor

**Subject:** Followup: Mental Health Challenges and Mask Exemptions

Hello,

Due to the recent decision made today of mandatory masks in Hamilton, I want to share a sincere thank you to Lloyd Ferguson and Esther Pauls for reading between the lines and understanding how much fear over hope is being communicated in this process, and what makes sense in the reality that cases are falling in Hamilton. I hope this is something highly taken into consideration on the 17th.

In regards to my email sent yesterday on mental health and the mandatory masks, I am eager to hear what exemptions will look like for Hamilton, and if people living with mental health challenges will be included.

A poll created today with my community resulted in **100% of responses** sharing that YES, mental health challenges should be included in the exemption, "those with underlying health conditions that prevents them from wearing a mask". It is in hopes that this is acknowledged, especially in the basic understanding that our mental health is just as important as our physical health.

Questions as follows:

- Will mental health challenges (ie. anxiety, claustrophobic, past trauma related to face covering, etc) be included in the exemption list?
- If not, please explain why.
- If yes, will individuals upon entry be required to provide proof of exemption?
- If yes, why are locations in Hamilton in the future urged to ask for proof, when other cities (example Guelph) are able to access public establishments, with no proof required under the order? Public Health is not asking businesses to check or require documentation.

I appreciate your response to this, following my previous email sent yesterday, thank you.

Nadia Mastroianni

National mental health education in Hamilton