



State of New Jersey

GOVERNOR'S COUNCIL ON ALCOHOLISM AND DRUG ABUSE
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CHRIS CHRISTIE
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KIM GUADAGNO
Lt. Governor

NEIL VAN ESS
Acting Chairman

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RESOLUTION

Recognizing the Month of May, 2016 as
'Mental Health Awareness Month' in New Jersey

May 18, 2016

WHEREAS, this year's Mental Health America Mental Health Awareness Month theme is Life With Mental Illness and will call on individuals to share what life with a mental illness feels like for them in words, pictures and video by tagging their social media posts with #mentalillnessfeelslike; and,

WHEREAS, Mental Health Awareness Month 2016 includes observance of National Children's Mental Health Awareness Week; National Children's Mental Health Awareness Day; National Mental Health and Dignity Day; Older Americans' Mental Health Week; and National Anxiety and Depression Awareness Week; and,

WHEREAS, Mental Health First Aid, a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports, is being provided to an increasing number of communities across New Jersey; and,

WHEREAS, the mission of the New Jersey Governor's Council on Mental Health Stigma is to combat mental health stigma as a top priority in New Jersey's effort to create a better mental health system, and through outreach and education, the Council will send a message that mental health stigma must no longer be tolerated; and

WHEREAS, we may not all have mental illness, but we all have mental health, and now know it is likely that everyone will experience or be touched by a mental illness at least once in their lives; and

WHEREAS, the National Alliance on Mental Illness states that drugs and alcohol can be a form of self-medication, can worsen underlying mental illnesses and can cause a person without mental illness to experience the onset of symptoms for the first time.

NOW THEREFORE BE IT RESOLVED that the Governor's Council on Alcoholism and Drug Abuse hereby recognizes the month of May 2016 as 'Mental Health Awareness Month' in New Jersey.

BE IT FURTHER RESOLVED that copies of this resolution shall be transmitted to Governor Chris Christie, the New Jersey Legislature, the New Jersey Governor's Council on Mental Health Stigma, the Division of Mental Health and Addiction Services; County Alcoholism and Drug Abuse Directors and County Alliance Coordinators.

Neil Van Ess, Acting Chairman

18 MAY 2016
Date