



State of New Jersey

GOVERNOR'S COUNCIL ON ALCOHOLISM AND DRUG ABUSE
PO Box 345
TRENTON, NJ 08625-0345

CHRIS CHRISTIE
Governor
KIM GUADAGNO
Lt. Governor

NEIL VAN ESS
Acting Chairman

CELINA LEVY
Acting Executive Director

RESOLUTION

Recognizing the Month of May, 2017 as
'Mental Health Awareness Month' in New Jersey

May 17, 2017

WHEREAS, this year's Mental Health America Mental Health Awareness Month theme is Risky Business in order to educate people about habits and behaviors that increase the risk of developing or exacerbating mental illnesses, or could be signs of mental health problems themselves, including risk factors such as risky sex, prescription drug misuse, internet addiction, excessive spending, marijuana use, and troublesome exercise patterns; and,

WHEREAS, Mental Health Awareness Month 2017 includes observances of National Children's Mental Health Awareness Week; National Children's Mental Health Awareness Day; Older Americans' Mental Health Week; and National Anxiety and Depression Awareness Week; and,

WHEREAS, we may not all have a mental illness, but we all have mental health, and 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 discrimination against those living with a mental health disorder 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 discrimination against those living with mental illness will not be tolerated; and

WHEREAS, the National Alliance on Mental Illness states that drugs and alcohol can be a form of self-medication, which can worsen underlying mental illnesses and 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 2017 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

17 May 2017
Date