



State of New Jersey

GOVERNOR'S COUNCIL ON ALCOHOLISM AND DRUG ABUSE

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PHILIP D. MURPHY
Governor

SHEILA Y. OLIVER
Lt. Governor

NEIL VAN ESS
Acting Chairman

CELINA LEVY
Acting Executive Director

RESOLUTION

Recognizing the Month of May, 2018 as "Mental Health Awareness Month" in New Jersey

May 16, 2018

WHEREAS, this year's Mental Health America Mental Health Awareness Month theme is *Fitness for Mind and Body* to encourage a focus on our whole health, to see the whole person, and make use of the tools and resources that benefit minds and bodies together; and,

WHEREAS, in keeping with the 2018 Mental Health Awareness Month theme, *Fitness for Mind and Body*, educate communities on what we as individuals can do to be fit for our own futures, which should include proper diet, nutrition, exercise, sleep, and mechanisms for dealing with stress; and,

WHEREAS, Mental Health Awareness Month 2018 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,

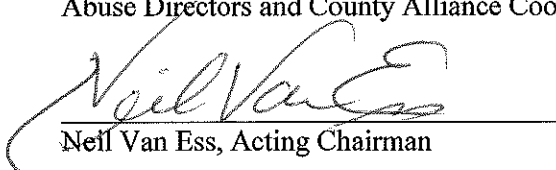
WHEREAS, we may not all have a mental illness, but we all have mental health, and *Mental Health First Aid*, a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and shares common supports, continues to be 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 2018 as "Mental Health Awareness Month" in New Jersey.

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


Neil Van Ess, Acting Chairman


Date