



State of New Jersey

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

RESOLUTION

Recognizing the Month of May, 2019 as "Mental Health Month" in New Jersey

May 16, 2019

PHILIP D. MURPHY
Governor

SHEILA Y. OLIVER
Lt. Governor

NEIL VAN ESS
Acting Chairman

CELINA LEVY
Acting Executive Director

WHEREAS, National Institute of Mental Health (NIMH) research shows that mental illnesses are common in the United States, affecting tens of millions of people each year, with estimates suggesting that only half of people with mental illnesses receive treatment; and

WHEREAS, Mental Health America is expanding on their 2018 Mental Health Month theme, *#4Mind4Body*, with the topics of animal companionship, spirituality, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness; and

WHEREAS, the National Alliance On Mental Illness (NAMI) 2019 Mental Health Month *WhyCare?* is an opportunity to share the importance of care in our relationships to others, in mental health treatment and services and in support and education to millions of people, families, caregivers and loved ones affected by mental illness; and

WHEREAS, May 12th through 18th 2019 is Substance Abuse and Mental Health Services Administration (SAMHSA) National Prevention Week, dedicated to increasing public awareness of, and action around, mental health and/or substance use disorders, with communities and organizations across the country coming together to raise awareness about the importance of substance use prevention and positive mental health; and

WHEREAS, Mental Health Month 2019 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

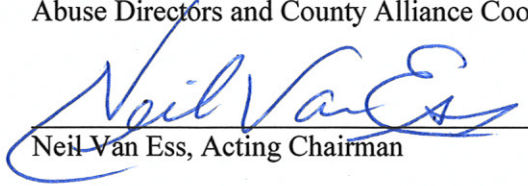
WHEREAS, drugs and alcohol can be a form of self-medication, which can both worsen and cause underlying and co-occurring mental illnesses; and

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, through outreach and education.

NOW THEREFORE BE IT RESOLVED that the Governor's Council on Alcoholism and Drug Abuse hereby recognizes the month of May 2019 as "Mental Health 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