



State of New Jersey

OFFICE OF THE GOVERNOR

PO Box 001

TRENTON, NJ 08625-0001

CHRIS CHRISTIE
Governor

May 16, 2012

Dear Friends:

As Governor, I am pleased to recognize May as Mental Health Month and to acknowledge your efforts to help improve the mental health of our neighbors, friends and loved ones.

Mental health is an important part of our overall well-being; it affects every aspect of our lives. It determines how we handle stress, relate to others and make positive lifestyle choices. Unfortunately, due to the stigma surrounding mental health conditions, many people who could benefit from mental health services remain untreated. We need to continue to work towards eliminating this stigma – everyone benefits when individuals get the help and support they need.

Your commitment to mental health prevention, treatment and advocacy has saved, improved and enhanced countless lives. On behalf of the people of the State of New Jersey, thank you for all that you do. It is an honor to serve as your Governor.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Chris Christie', written over a faint, larger version of the same signature.

Chris Christie
Governor