

**TAKE THE
MOMENT**

2024
Mental Health
Awareness Month



See what's happening in May

Join NAMI New Jersey for the Take The Moment Campaign during 2024 Mental Health Month

In honor of May's Mental Health Awareness Month, [The National Alliance on Mental Illness \(NAMI\)](#) and advocates across the country are raising awareness of mental illness and supporting individuals in their mental health journey. This year, [NAMI New Jersey](#) is helping emphasize the importance of normalizing mental health care through "Take the Moment," the 2024 Mental Health Awareness Month campaign. [View press release](#)

[Governor's Proclamation](#)

NAMI NJ Events

NAMI NJ Mental Health Parity Webinar & Listening Sessions

Wednesday, May 15, 6 - 7 pm
"What You Should Know About Mental Health Parity"

Wednesday, May 29, 1 - 2:30 pm
"Mental Health Parity Afternoon Listening Session"

Thursday, May 30, 6 - 7:30 pm
"Mental Health Parity Evening Listening Session"

NAMI New Jersey
MENTAL HEALTH PARITY
 WEBINAR & LISTENING SESSIONS

WEBINAR
Mental health parity means insurance plans cover mental health conditions, substance use disorders, and physical health issues equally. What does parity mean in practice, and what laws exist to enforce it? **Advocacy & Public Policy Director Matt Camarda** will explore the history of mental health parity and how advocacy is needed to keep pushing for stronger parity laws and enforcement.

VIRTUAL LISTENING SESSIONS
 Have you experienced challenges accessing mental health or substance use care through your insurance? Have policies such as more restrictive prior authorization or medical necessity standards, excessive concurrent review, or limited "ghost networks" made it harder to get behavioral health treatment than physical care? Come share your story with NAMI NJ and help us advocate for stronger parity. Participants are welcome to share stories at the event. (Please keep remarks to three minutes, and/or email them to **Matt Camarda** (mcamarda@naminj.org).

What You Should Know About Mental Health Parity Wednesday, May 15, 2024, 6:00 - 7:00 pm	Mental Health Parity Afternoon Listening Session Wednesday, May 29, 2024, 1:00 - 2:30 pm	Mental Health Parity Evening Listening Session Thursday, May 30, 2024, 6:00 - 7:30 pm
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Register at: naminj.org/advocacy Contact Person: **Matt Camarda** (mcamarda@naminj.org) [Join us!](#)

[Learn more](#)

In Spanish!
UNITED TO HEAL IN COMMUNITY
 There is hope, even when your brain tells you there isn't! — John Green

Celebrate 25 years of NAMI NJ en Español as we invite you to support our mission at the 2024 Mental Health Conference. Help us spread the word and contribute to fostering a better understanding of mental well-being. Your presence makes a significant impact on our journey.

MentalHealthConferenceSpanish2024.eventbrite.com

Mental Health Conference: United to Heal in Community
 Join us for our Mental Health Conference in Spanish! Come experience a day of learning and support. Your presence contributes to our shared mission.

NAMI New Jersey
 National Alliance on Mental Illness

AACT-NOW Conference: Embracing Black Wellness

NAMI NJ en Español Mental Health Conference: United to Heal in Community

Saturday, May 11, 9:30 am - 3 pm

[Learn more](#)

Contact Nelhy at nbarreiro@naminj.org to be added to the waiting list.

AACT-NOW Conference: Embracing Black Wellness

Saturday, May 18, 10 am - 3 pm

[Learn more](#)

NAMI NJ Expressive Arts Mental Health Poetry Contest

Cast Your Vote!
 Help us pick the Top 3 poems

NAMI New Jersey
 Dara Axelrod Expressive Arts Network hosts

Poetry Contest

In observance of
 National Poetry Month in April
 Mental Health Awareness Month in May

NAMI NJ 2024 Poetry Contest Public Voting

Cast your vote by May 15, 2024!

[Learn more](#)

NAMI NJ Poetry Contest 10th Anniversary Celebration

Monday, May 20, at 6 pm, on Zoom

[RSVP here](#)

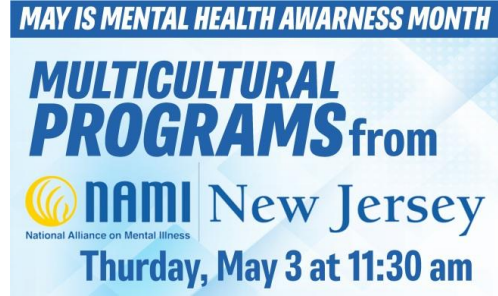
NAMI NJ Signature Programs



NAMI Family & Friends

Thursday, May 2, at 6:30 pm

[Learn more](#)



Mental Health Awareness
Month: Presentation on
NAMI NJ Multicultural
Programs

Friday, May 3, 11:30 am - 12:30 pm
East Brunswick Public Library

[Learn more](#)



NAMI In Our Own Voice

Wednesday, May 1, 6 pm at **Red Bank Library**

Wednesday, May 22, 5:30 pm at **Fanwood - Scotch Plains Rotary Club, Darby Road Public House and Restaurant**

Wednesday, May 22, 11 am at **Five Branches Senior Center in Woodbridge**

Thursday, May 30, 4:15 pm - **Mental Health Day at Gateway Academy, Newark**

[Learn more](#)



NAMI NJ Online Support Groups

[Find a Group Meeting in May](#)

Community Footprints

Come visit our exhibit table!

Thursday,
May

2

2nd Annual Asian American Pacific Islander Heritage Month:

"Come Learn the Art of Tai Chi - Meditation in Motion"

12:30 pm - 1:15 pm

RWJUH Courtyard in New Brunswick

[Learn more](#)

Saturday,
May

4

"Move More" Mental Wellness Community Day

9 am - 1 pm

Hunterdon Health & Wellness Center

[Learn more](#)

Thursday,
May

9

Community in Connection: Peer Recovery Pop-Up

3 pm - 7 pm

North Plainfield Community Center

[Learn more](#)

Friday,
May

17

2nd Annual Robert Wood Johnson Hospital Employee Health Fair

11 am - 2 pm

RWJUH Courtyard in New Brunswick

Saturday,
May

18

Miki & Friends Open AIR (Attitudes in Reverse) - Health in Mind & Body

9 am - 11:30 am

West Windsor Community Park in West Windsor

[Learn more](#)

Saturday,
May

18

AAPI Heritage Month Community Wellness Day

Piscataway

Thursday,
May

30

Beyond Cultural Competence: Using Cultural Humility to Provide Accessible and Affirming Support Services

9:00 am - 4:00 pm

Middlesex College in Edison

[Register here](#)

Affiliate Round-up

NAMI Atlantic/Cape May

Saturday, May 4, 8:30 am - 11:00 am - **NAMI Family & Friends**, at the Tabernacle United Methodist Church (Co-Sponsored by Cape Assist)

Monday, May 6, 9:00 am - 12:00 pm - **NAMI Presentation**, Sponsored by Begley Law Group at the Flanders Hotel, Ocean City

Wednesday, May 15, 9:00 am - 12:00 pm - **Mental Health Fair**, at Wm. Hughes Technical Center, Egg Harbor Township

Wednesday, May 29, 8:30 am - 10:00 am - **Stigma Free Breakfast**, at Stockton University, Galloway Campus

Thursday, May 30, 10:00 am - 2:00 pm - **Wellness Fair**, at the Cape May Convention Center, Department of Health

NAMI Camden County

Thursday, May 9 - **Children's Mental Health Walk**, hosted by Camden County Family Support Organization, Inc. in Cherry Hill

NAMI Greater Bergen

Please join IFSS of Bergen County and NAMI Greater Bergen for an educational workshop on:

Wednesday, May 8, 7 pm - **Where to Start: Mental Health in a Changing World Mental Health Toolkit Webinar**

[Register here](#)

NAMI Greater Monmouth

Look for the NAMI Greater Monmouth **Wellness Presentation** on Tuesday, May 7 at 6:30 pm at the Brick Township Library Branch.

Look for our info tables at:

- Friday, May 3 - Holmdel High School Transition Fair
- Saturday, May 11 - Meridian Mental Health Resource Fair (Asbury Park)
- Thursday, May 23 - Henry Hudson Regional School
- Wednesday, May 29 - Allentown High School

NAMI Hunterdon County

Saturday, May 4, 9 am - 1 pm - Hunterdon Health Presents: **"Move More" Mental Wellness Community Day and Fundraiser**, at Hunterdon Health & Wellness Center

[Learn more](#)

NAMI Mercer County

Saturday, May 18, 9 am - 12 pm - **NAMI Walks Mercer County**
West Lake Park, Lake Drive, Robbinsville, NJ 08691

[Register here](#)

NAMI Middlesex County

Intensive Family Support Services (IFSS) with NAMI Middlesex invite you:

Monday, May 6, 5:30 pm

Spring Speaker Series - "Disability Law: What Families Need to Know"

[Learn more](#)

Wednesday, June 5, 5:30 pm

Spring Speaker Series - "Ask the Psychiatrist"

[Learn more](#)

Saturday, May 18, 9:30 am - 12 pm

Wellness Painting in the Park in Piscataway*

[Learn more](#)

Monday, June 3, 5 - 7:30 pm


Meet & Greet Picnic in Edison*

[Learn more](#)

**Space is limited*

NAMI Union County

Saturday, May 4, 9:00 am - 12:00 pm - **Town of Scotch Plains Mental Health Awareness Wellness Fair & Walk**, at Alan Augustine Village Green (*Rain Date – Saturday, May 18*)



The map shows the state of New Jersey divided into its 21 counties, each labeled with its name: Sussex, Passaic, Bergen, Warren, Morris, Essex, Hudson, Union, Somerset, Middlesex, Mercer, Monmouth, Gloucester, Burlington, Ocean, Camden, Atlantic, Cumberland, Gloucester, and Cape May.

Find Your Local NAMI NJ Affiliate

NAMI New Jersey affiliates offer support groups across the state in the month of May (and beyond!). Search for a support group at the link below. To learn more about an affiliate, please visit [our website](#).

[View Online Calendar](#)

Get Involved!

You can also "Take the Moment" to make an impact on social media!

Share some of our graphics. Don't forget to tag @NAMICommunicate on Instagram and Twitter and @NAMI on TikTok and Facebook and use the hashtag #TakeAMentalHealthMoment #MentalHealthMonth!

[Download the toolkit](#)

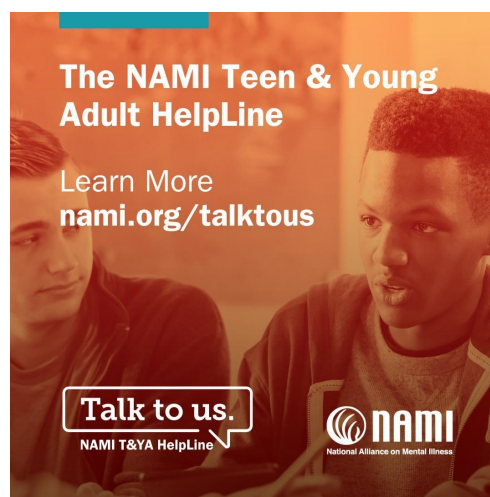
Share some of our graphics below (access our full set of graphics here). Don't forget to tag us at @NAMICommunicate on Instagram and Twitter and @NAMI on TikTok and Facebook and use our hashtag #TakeAMentalHealthMoment #MentalHealthMonth!



In Need of Help or Support?



Call 1-800-950-NAMI (6264), text "HelpLine" to 62640 or chat with us at nami.org/help.



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NAMI NJ is working on expanding our HelpLine this summer.

Need Immediate Help in a Crisis?

988 Suicide & Crisis Lifeline – Dial or text 988 if you or someone you know is having thoughts of suicide or experiencing a mental health crisis and get connected to a trained crisis counselor 24 hours a day, 7 days a week. Crisis counselors listen empathetically and without judgment. Your crisis counselor will work to ensure that you feel safe and help identify options and information about mental health services in your area.



National Alliance on Mental Illness

info@naminj.org
Toll-free: 1-866-626-4664

Get In
Touch



NAMI New Jersey | 1562 Route 130, North Brunswick, NJ 08902

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