



# 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  
*Executive Director*

## RESOLUTION

**Recognizing the Month of May, 2020 as  
"Mental Health Awareness Month" in New Jersey**

**September 15, 2020**

**WHEREAS**, *Mental Health America* Mental Health Awareness Month 2020 theme is Tools 2 Thrive, to promote the practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with, and that these tools may be more useful and important than ever because of the impact COVID-19 pandemic can have on our mental health; and

**WHEREAS**, these tools include connecting with others, creating healthy routines, finding the positive after loss, eliminating toxic influences, owning your feelings, and supporting others; and

**WHEREAS**, Mental Health Awareness Month 2020 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 2020 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