



PHILIP D. MURPHY
Governor

SHEILA Y. OLIVER
Lt. Governor

State of New Jersey
GOVERNOR'S COUNCIL ON ALCOHOLISM AND DRUG ABUSE
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NEIL VAN ESS
Acting Chairman

CELINA LEVY
Executive Director

RESOLUTION

Recognizing the Month of May, 2021 as “Mental Health Awareness Month” in New Jersey

May 18, 2021

WHEREAS, *Mental Health America* Mental Health Awareness Month 2021 will continue *Tools 2 Thrive* theme, providing practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation; and

WHEREAS, these tools include adapting after trauma and stress, dealing with anger and frustration, getting out of thinking traps, processing big changes, and taking time for yourself, action steps more relevant than ever as we continue to navigate the COVID-19 pandemic; and

WHEREAS, mental health is being called the parallel epidemic, recent data from Centers for Disease Control and Prevention indicating that one in four adults reported experiencing symptoms of an anxiety or depressive disorder in February 2021, a significant increase from the prior year, with 10% of youth reporting that they are experiencing severe depression; and

WHEREAS, suicide is the second leading cause of death for our youth today, disproportionately high among Black youth, with LGBTQI+ persons at disproportionate risk of death by suicide as well as suicidal ideation, planning, and attempts; 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

WHEREAS, the National Alliance on Mental Illness, whose 2021 Mental Health Awareness Month theme is *You Are Not Alone*, has stated 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 2021 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

June 15, 2021

Date