



State of New Jersey

GOVERNOR'S COUNCIL ON ALCOHOLISM AND DRUG ABUSE
PO BOX 345
TRENTON, NEW JERSEY 08625-0345

PHILIP D. MURPHY
Governor

SHEILA Y. OLIVER
Lt. Governor

NEIL VAN ESS
Acting Chairman

CELINA LEVY
Executive Director

RESOLUTION

**Recognizing the Month of May 2022 as
"Mental Health Awareness Month" in New Jersey**

May 17, 2022

WHEREAS, after the last two years of pandemic living, with many people realizing that stress, isolation, and uncertainty have taken a toll on their well-being, the *Mental Health America* theme for their 2022 Mental Health Toolkit is "**Back to Basics**" to provide foundational knowledge about mental health & mental health conditions along with information about what people can do if their mental health is a cause for concern; and

WHEREAS, the National Alliance on Mental Illness 2022 theme is "**Together for Mental Health**" to use this time to bring together voices to advocate for mental health and access to care through NAMI's blog, personal stories, videos, digital toolkits, social media engagements and national events; and

WHEREAS, the CDC cites mental health as an essential part of overall health and well-being, mental health including our emotional, psychological, and social well-being, affecting how we think, feel, and act, determining how we handle stress, relate to others, and make healthy choices, with mental health being vitally important at every stage of life, from childhood and adolescence through adulthood; and

WHEREAS, recognizing that the COVID-19 pandemic generated a parallel epidemic of deteriorating mental health Secretary Xavier Becerra and leaders across the U.S. Department of Health and Human Services have launched the **HHS National Tour to Strengthen Mental Health** to address the mental health challenges that have been exacerbated by the COVID-19 pandemic, including substance use, youth mental health, and suicide; 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.

NOW THEREFORE BE IT RESOLVED that the Governor's Council on Alcoholism and Drug Abuse hereby recognizes the month of May 2022 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 Human Services/Division of Mental Health and Addiction Services; County Alcoholism and Drug Abuse Directors and County Alliance Coordinators.

Neil Van Ess, Acting Chairman

May 17, 2022

Date