



State of New Jersey

GOVERNOR'S COUNCIL ON SUBSTANCE USE DISORDER

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PHILIP D. MURPHY
Governor

TAHESHA L. WAY
Lt. Governor

NEIL VAN ESS
Acting Chairman

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Executive Director

RESOLUTION

Recognizing the Month of May 2024 as "Mental Health Awareness Month" in New Jersey

June 18, 2024

WHEREAS Mental Health America 2024 Mental Health Awareness Month theme "Where to Start" focuses on mental health in a changing world, how it affects us, how to navigate and manage it, and advocate to improve mental health for ourselves, and for our families, friends, and communities; and

WHEREAS, the National Alliance on Mental Illness (NAMI) 2024 Mental Health Awareness Campaign "Take the Moment" encourages us to foster open dialogues, cultivate empathy and understanding, and share resources to support individuals and families on their journey towards mental wellness; and

WHEREAS, the Substance Abuse and Mental Health Services Administration (SAMSHA) Mental Health Awareness 2024 toolkit focuses across the span of the month on five audiences: Older Adults, Children and Teens, Pregnant and Postpartum People, Racial and Ethnic Minority Groups, and LGBTQIA Communities; and

WHEREAS, according to the National Institute on Mental Health, research shows that mental illnesses are common in the United States, affecting tens of millions of people each year, with estimates suggesting that only half of those with mental illnesses receive treatment; and

WHEREAS, help is available in New Jersey, with resources that include 988, 2nd Floor Youth Helpline, Mental Health Cares, Cop-2-Cop, Vet-2-Vet, Peer Recovery Warmline, ReachNJ, and County Emergency Screening and Crisis Intervention Hotlines; and

WHEREAS, the mission of the New Jersey Governor's Council on Mental Health Stigma, established by Governor Richard Codey in 2005, 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 Substance Use Disorder hereby recognizes the month of May 2024 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 Alcohol and Drug Use Directors and County Alliance Coordinators.

Neil Van Ess, Acting Chairman

June 18, 2024
Date