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NEWSLETTER | May 2024

## May is Mental Health Awareness Month

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## A Message from Commissioner Adelman

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Hello everyone. I want to take a moment to connect with you about Mental Health Awareness Month.

We mark Mental Health Awareness Month every May to raise awareness about mental health, fight stigma and provide support.

Mental health and wellness is an essential part of overall health and well-being. New Jersey, including through our [Division of Mental Health and Addiction Services](#), has been focused on building effective, responsive and integrated services and support for children, youth and adults. We remain committed to a behavioral health system that offers comprehensive, integrated, coordinated, person-centered treatments and supports that are compassionately delivered.

**Our [Division of Mental Health and Addiction Services](#) is hosting a series of webinars throughout May on topics ranging from supporting families after loss; understanding 988 and when to call; primary care interventions for youth; and celebrating and supporting the role of peers.**

**Please see below to learn more and register for these helpful sessions - and never hesitate to reach out if you need help.**

We're here for you.

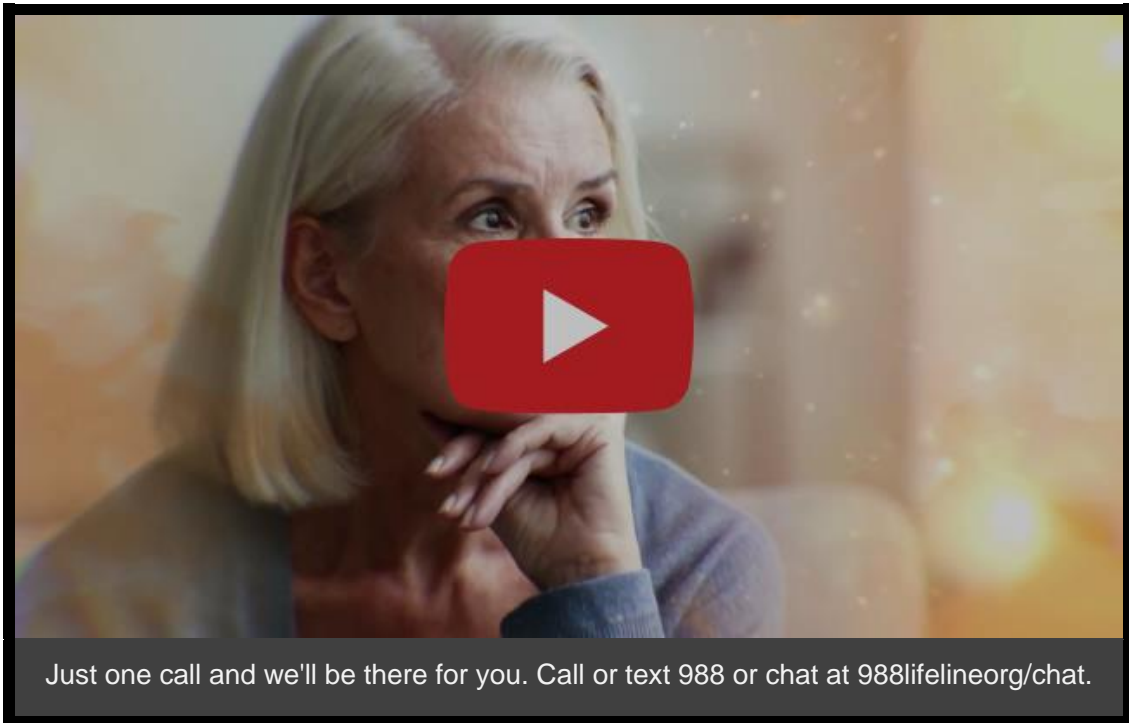
Thank you.

Sarah Adelman  
Commissioner  
New Jersey Department of Human Services

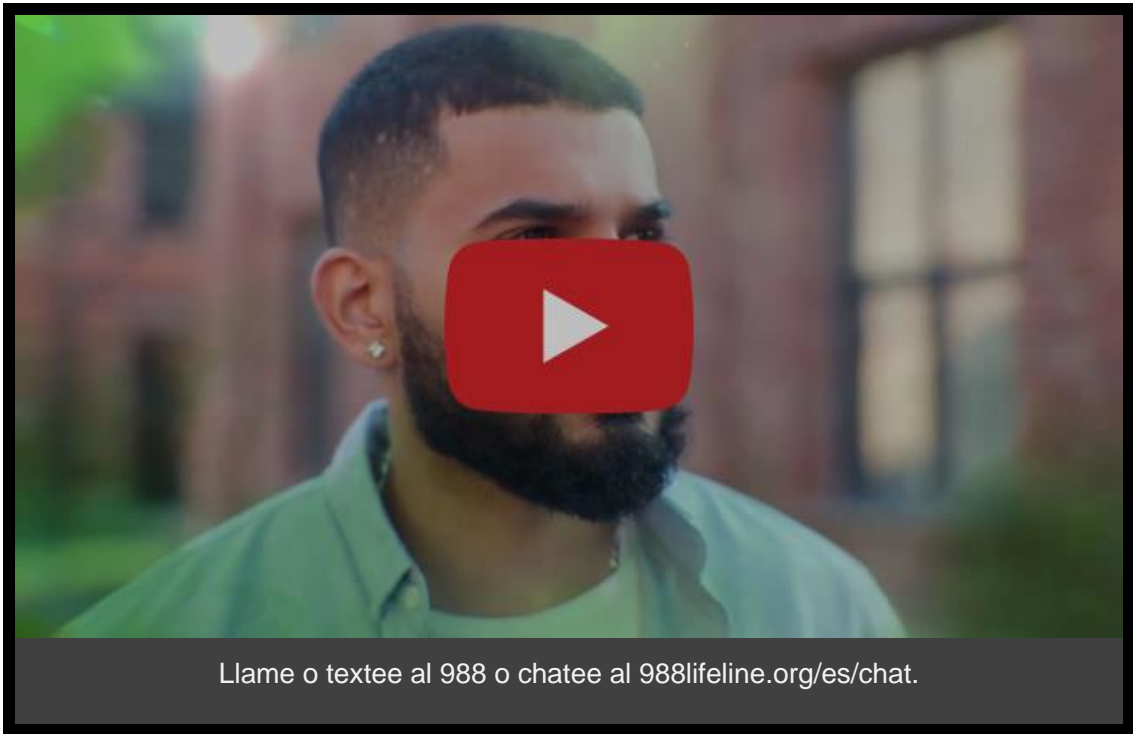
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**Dial 9-8-8**  
**Just One Call and We're There for You**



Just one call and we'll be there for you. Call or text 988 or chat at [988lifelineorg/chat](https://988lifeline.org/chat).



Llame o textee al 988 o chatee al [988lifeline.org/es/chat](https://988lifeline.org/es/chat).



Audio description and transcript: call or text 988 or chat at 988lifelineorg/chat.

(DESCRIPTION) Words in blue font appear over pink and white sparkly cloud bursts. Text, When.

(SPEECH) When the world feels like it's crashing down on you, when you feel alone or not enough, we are here.

(DESCRIPTION) A woman sits with her phone amidst the pink cloud. Text, 9 8 8, Suicide & Crisis Lifeline. The cloud turns orange. Text, When.

(SPEECH) When sleep can't be found and day after day is overwhelming, when you can't get off the couch or your anxiety is keeping you from seeing family and friends, we are here.

(DESCRIPTION) A woman sits on the couch and stares into the distance in the orange cloud. Then she talks on her phone. Text, 9 8 8, Suicide & Crisis Lifeline. The cloud turns green. Text, When.

(SPEECH) When you are hurting or struggling with addiction, when you have no one to talk to and you are in crisis, we are here.

(DESCRIPTION) A man stands outside and types on his phone in the green cloud. Text, 9 8 8, Suicide & Crisis Lifeline. The cloud turns blue. Text, Call.

(SPEECH) Just one call, we are here.

(DESCRIPTION) Text, Just one call and we'll be there for you. Chat at 9 8 8 life line dot org slash chat. 9 8 8 Suicide & Crisis Lifeline. Logo, New Jersey Human Services.

(SPEECH) Call, text, or chat 988.

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## ***NJ Mental Health Cares***

If you're concerned about your mental health or the mental health of someone you love, **NJ Mental Health Cares** can help. The **free helpline** offers telephone counseling, emotional support, information and assistance.

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**866-202-HELP (4357)**

8 a.m. to 8 p.m. weekdays

New  Jersey  
**MentalHealthCares**  
New Jersey's Behavioral Health and Referral Service



## ***Línea directa de salud mental de NJ***

Si está preocupado por su salud mental o la de un ser querido, **Línea directa de salud mental de NJ** lo puede ayudar. **La línea directa** ofrece asesoramiento telefónico, apoyo emocional, información y asistencia.

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**866-202-HELP (4357)**

8am a 8pm días de la semana

New  Jersey  
**MentalHealthCares**  
New Jersey's Behavioral Health and Referral Service



# Emotional Support Helpline for Deaf and Hard of Hearing Individuals

Sign language users can communicate with the  
ACCESS Mental Health Calling Center

Call

**973-870-0677 VP**

Monday to Friday 9 am - 5 pm



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**Division of Mental Health and Addiction Services  
Mental Health Awareness Month Webinar Series**



MAY IS

# MENTAL HEALTH MONTH

*Wednesday Webinar Series*

SAVE THE DATE - WEEKLY AT NOON



MAY  
**1**

MENTAL HEALTH  
PLAYERS PRESENTATION:  
CALLING A HELPLINE:  
THERE IS HOPE

MAY  
**22**

YOUTH FOCUS: PRIMARY  
CARE INTERVENTIONS

MAY  
**8**

SUPPORTING  
FAMILIES AFTER LOSS

MAY  
**29**

CELEBRATING AND  
SUPPORTING THE ROLE  
OF PEERS

MAY  
**15**

IS 988 JUST A 3-DIGIT  
NUMBER?

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Weekly webinars are Wednesdays from  
Noon to 1 p.m.

Registration links below:

**May 1st** [REGISTER HERE](#)

**May 8th** [REGISTER HERE](#)

**May 15th** [REGISTER HERE](#)

**May 22nd** [REGISTER HERE](#)

**May 29th** [REGISTER HERE](#)

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## Mental Health Resources and Toolkits

### Resources and Toolkits to Review this May

**Quick Tips to Boost Your Mental Health** — Implementing routines for stress relief at work and at home can increase happiness and motivation. Check out Mental Health America's [31 Tips to Boost Your Mental Health](#) to learn small tips that can have a big impact on your mental health.

**Daily Wellness Activities:** Need a quick in-office break? Try this [14-minute office break yoga](#), or this [7-minute stretch break](#).

**Head-Healthy Nutrition:** Nutrition is one factor of mental wellbeing that is often neglected. Review the [Mental Health Foundation's briefing on mental health and nutrition](#) to learn how eating well can improve your mental health.

**Managing Stress in the Work Place:** The American Psychological Association

(APA) recommends keeping track of your stressors to develop effective ways to prevent getting overwhelmed. You can read all of APA's recommendations in ["Coping With Stress at Work"](#).

**Looking to support your team or colleagues?** Review these tips from the [Occupational Safety and Health Administration](#) for how employers can help their employees with workplace stress, or [learn how to recognize warning signs of depression and anxiety](#) in your colleagues.

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## **Governor Murphy's Proclamation**



STATE OF NEW JERSEY  
EXECUTIVE DEPARTMENT

*Proclamation*

WHEREAS, mental health is an essential part of overall health and well-being, and affects one's physical health, relationships and ability to thrive, and

WHEREAS, activities such as exercise, mindfulness activities, social connections, 'unplugging' from news and social media, pursuing a hobby, spending time in nature, and self-care may support mental health; and

WHEREAS, in instances for which wellness activities are not helpful, it is important to note that professional help may be necessary to stabilize and or to monitor a person's mental health; and

WHEREAS, one in five United States adults will experience a mental illness, and one in five children, either currently or at some point during their life, will have or have had a seriously debilitating mental illness, according to the CDC; and

WHEREAS, rates of anxiety, depression, and other mental illness conditions have risen since the beginning of the COVID-19 pandemic, which has significantly increased the need for holistic and specific mental health services, according to the National Institute of Mental Health; and

WHEREAS, a greater understanding from emerging science and research on toxic stress and adverse childhood experiences has informed an understanding of the worsening mental health and suicide rates of youth, affirming that a multi-faceted and swift response is needed to address this growing public health crisis; and

WHEREAS, because of stigma and misinformation, individuals with mental illness are often over-represented in the criminal justice system, reside in substandard housing or institutions, are under-employed and/or lacking access to basic needs, experience severe socio-economic inequalities and disadvantage, and are impacted by co-occurring substance use and comorbid physical health conditions; and

WHEREAS, New Jersey has successfully built and continues to expand its robust array of effective, responsive, integrated services and supports for children, youth and adults, and recognizes the need for opportunities that allow them to heal from trauma; and

WHEREAS, New Jersey is committed to providing children and adults with mental illness access to a behavioral health system that offers comprehensive, evidence-based, integrated, coordinated, person-centered treatment services and supports that are trauma-responsive, competently and compassionately delivered; and

WHEREAS, New Jersey has implemented and incorporated 988, the national three-digit dialing code for anyone having thoughts of suicide and experiencing a mental health or substance abuse crisis; and

WHEREAS, New Jersey is making great strides in reducing discrimination associated with a mental health diagnosis by instilling hope and by providing access to healthcare and to a wide array of community-based, human and social services that assist individuals with mental illness to live a dignified life with the supports and services they need to thrive;

NOW, THEREFORE, I, Philip D. Murphy, Governor of the State of New Jersey, do hereby proclaim:

MAY 2024

AS

MENTAL HEALTH AWARENESS MONTH

in New Jersey.



*[Signature]*  
Lt. GOVERNOR

GIVEN, under my hand and the Great Seal of the State of New Jersey, this eighteenth day of April in the year two thousand twenty-four, the two hundred forty-eighth year of the Independence of the United States.

*[Signature]*  
GOVERNOR

[NJ SNAP](#) | [NJ FAMILYCARE](#) | [NJHELPS](#)

FOLLOW US!

