



State of New Jersey

GOVERNOR'S COUNCIL ON ALCOHOLISM AND DRUG ABUSE
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CHRIS CHRISTIE
Governor
KIM GUADAGNO
Lt. Governor

NEIL VAN ESS
Acting Chairman

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Acting Executive Director

RESOLUTION

Recognizing the Month of May, 2015 as
'Mental Health Awareness Month' in New Jersey

May 20, 2015

WHEREAS, the Substance Abuse and Mental Health Administration states that National Mental Health Awareness Month gives us all the opportunity to combat the negative attitudes, prejudices, and discrimination that prevent people from accessing treatment and supports, and isolate people from their communities; and,

WHEREAS, Mental Health Awareness Month 2015 includes observance of National Children's Mental Health Awareness Week; National Children's Mental Health Awareness Day; National Alcohol and Drug-Related Birth Defects Week; National Mental Health and Dignity Day; Older Americans' Mental Health Week; National Anxiety and Depression Awareness Week; and World No Tobacco Day; and,

WHEREAS, this year's Mental Health America Mental Health Month Campaign and Toolkit will use the theme B4Stage4 and focus on how people can address their mental health early, rather than at "Stage 4" - when symptoms are more severe and recovery is a longer process; and

WHEREAS, the mission of the New Jersey Governor's Council on Mental Health Stigma is to combat mental health stigma 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 mental health stigma must no longer be tolerated; and

WHEREAS, we may not all have mental illness, but we all have mental health, and now know it is likely that everyone will experience or be touched by a mental illness at least once in their lives; and

WHEREAS, the National Alliance on Mental Illness states that drugs and alcohol can be a form of self-medication, can worsen underlying mental illnesses and can 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 2015 as "Mental Health Awareness Month" in New Jersey.

BE IT FURTHER RESOLVED that copies of this resolution shall be transmitted to Governor Chris Christie, the New Jersey Legislature, the New Jersey Governor's Council on Mental Health Stigma, the Division of Mental Health and Addiction Services; County Alcoholism and Drug Abuse Directors and County Alliance Coordinators.

Neil Van Ess, Acting Chairman

20 MAY 2015
Date