



STATE OF NEW JERSEY  
EXECUTIVE DEPARTMENT

# Proclamation

WHEREAS, mental health is defined as emotional and psychological well-being, which allows individuals to work, enjoy satisfying relationships and participate fully in their communities; and

WHEREAS, one in six youth, aged six to 17 years, and one in five individuals aged 18 and over, will experience a diagnosable mental health disorder each year; and

WHEREAS, depression is the most common mental health disorder, affecting nearly one in eight adolescents and young adults each year; and

WHEREAS, the COVID-19 pandemic will likely lead to substantial increases in anxiety and depression, substance use, trauma, grief, and loneliness; and

WHEREAS, due to societal stigma and personal shame, mental illness is a leading cause of suffering and disability; and

WHEREAS, a large proportion of individuals with mental illness also have a co-occurring opioid or other substance use disorder; and

WHEREAS, wellness and recovery are possible for all who live with mental illness; and

WHEREAS, New Jersey is a leader in the nation in serving both youth and adults with integrated wellness and recovery services; and

WHEREAS, focusing on prevention and providing effective treatment has been shown to bring greater awareness about mental illness and reduce discrimination; and

WHEREAS, New Jersey's robust community-based mental health and peer support systems are making advances every day in helping individuals with mental illness achieve sustained recovery; and

WHEREAS, New Jersey offers a statewide continuum of care for children with emotional and behavioral health care challenges, developmental disabilities, and/or substance use challenges, without regard to income or private health insurance; and

WHEREAS, New Jersey's state-operated psychiatric hospitals provide trauma informed, consumer-centered, and recovery-oriented treatment, geared towards individuals successfully transitioning back to community life; and

WHEREAS, New Jersey is making great strides in its goal of instilling hope in residents with mental illness that they can thrive, even as we meet the challenges of the COVID-19 pandemic;

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

MAY 2020  
AS  
MENTAL HEALTH MONTH

in New Jersey.



GIVEN, under my hand and the Great seal of the State of New Jersey, this first day of May in the year two thousand twenty, the two hundred forty-fourth year of the Independence of the United States.

  
Lt. GOVERNOR

  
GOVERNOR