



**Mental Health
Association in
New Jersey, Inc.**

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To: Local Educational Agency Leads, Administrators of Nonpublic Schools,
Principals, Building and Grounds Administrators

From: Carolyn Beauchamp, President and CEO,
Mental Health Association in New Jersey

Date: April 3, 2024

Subject: Mental Health Association in New Jersey Encourages Schools to
Light Up Green for Mental Health Month in May

Greetings,

The Mental Health Association in New Jersey (MHANJ) recognizes that mental health issues are some of the most challenging problems that students and families face.

To help break the stigma related to seeking help for mental health problems, we hope you will join us in a state-wide and nation-wide mental health awareness program — [Lighting Up Green!](#)

Through this program, we encourage all schools and school administration buildings as well as landmarks and businesses in New Jersey to “Light Up Green” on May 1st and for the entire month of May if possible. This may be accomplished in several ways. For example, outdoor electronic signs in front of schools may be adjusted to show green lights and outdoor building spotlights may be changed to green. Following is an example of wording for signage:

May is Mental Health Month...If you have questions about emotional wellness or if you are worried about a loved one, please contact our Guidance Office.

For more information and to advise us of your participation, please contact Merrill Altberg, MHANJ’s Director of Communications, at maltberg@mhanj.org or 732-604-5388.

MHANJ is a statewide nonprofit organization dedicated to victory over mental illness and substance use disorders through advocacy, education, training, and services.

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