



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

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To: Leaders of Businesses, Landmarks and Organizations

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

Date: April 1, 2026

Subject: Raising Mental Health Awareness by Lighting Up Green for May, Mental Health Month

Greetings,

The Mental Health Association in New Jersey (MHANJ) recognizes that mental health issues are some of the most challenging problems that employees may 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! [Click here for more details.](#)

Through this program, we encourage buildings and landmarks to light the outside of their structure green on May 1st and for the entire month of May if possible. This can be done in several ways. For example, outdoor electronic signs may be adjusted to show green lights and outdoor building spotlights may be changed to green.

The Mental Health Association in New Jersey will provide messaging that can be shared with employees and your community to promote mental health awareness and helpful resources.

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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