



# State of New Jersey

GOVERNOR'S COUNCIL ON SUBSTANCE USE DISORDER

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PHILIP D. MURPHY  
*Governor*

TAHESHA L. WAY  
*Lt. Governor*

NEIL VAN ESS  
*Acting Chairman*

CELINA LEVY  
*Executive Director*

## RESOLUTION

### Recognizing the Month of May 2025 as “Mental Health Awareness Month” in New Jersey

May 20, 2025

**WHEREAS**, the Mental Health America (MHA) theme for Mental Health Awareness Month is *Turn Awareness into Action*, encouraging us to take action by prioritizing our mental health, to help build resilience, manage challenges, and thrive; and

**WHEREAS**, National Alliance on Mental Illness (NAMI) theme “In Every Story, There’s Strength,” highlights resilience and diverse experiences through the power of storytelling to fuel connection, understanding, and hope for those navigating their own mental health path, and the possibility of recovery and its strength that lies within us all; and

**WHEREAS**, according to the Substance Abuse and Mental Health Services Administration (SAMHSA) mental health is essential to a person’s life in the same way as physical health, with hesitation to talk about it adding to stigma, making it critical to normalize conversations surrounding mental health so people can feel empowered to seek the help they need; and

**WHEREAS**, help is available in New Jersey, with resources that include 988, 2<sup>nd</sup> Floor Youth Helpline, Mental Health Cares, Cop-2-Cop, Vet-2-Vet, Peer Recovery Warmline, ReachNJ, and County Emergency Screening and Crisis Intervention Hotlines; and

**WHEREAS**, the mission of the New Jersey Governor's Council on Mental Health Stigma, established by Governor Richard Codey in 2005, is to combat discrimination against those living with a mental health disorder as a top priority in New Jersey's effort to create a better mental health system.

**NOW THEREFORE BE IT RESOLVED** that the Governor’s Council on Substance Use Disorder hereby recognizes the month of May 2025 as “Mental Health Awareness Month” in New Jersey.

**BE IT FURTHER RESOLVED** that copies of this resolution shall be transmitted to Governor Phil Murphy, the New Jersey Legislature, the New Jersey Governor’s Council on Mental Health Stigma, the Department of Human Services/Division of Mental Health and Addiction Services; County Alcohol and Drug Use Directors and County Alliance Coordinators.

Neil Van Ess, Acting Chairman

May 20, 2025

Date