



STATE OF NEW JERSEY
EXECUTIVE DEPARTMENT

Proclamation

WHEREAS, mental health includes our emotional, psychological, and social well-being; it affects how we think, feel, and act; it also affects how we manage stress, relate to others, and make choices; and

WHEREAS, mental health is essential to a person's life in the same way as physical health and allows us to take care of ourselves and our families; and

WHEREAS, maintaining the mental health of a community supports the development of a healthy workforce and advances economic opportunity; and

WHEREAS, nearly 20% of children and young people ages 3-17 in the United States have a mental, emotional, developmental, or behavioral disorder; and

WHEREAS, one in five adults live with a mental health condition; and

WHEREAS, among adolescents aged 12 to 17 in 2023, 18.1% had a major depressive episode within the previous year; and

WHEREAS, among adults aged 18 and older in 2023, 8.5% had a major depressive episode within the previous year; and

WHEREAS, the number of deaths by suicide increased by 8% from 2011 to 2022; and

WHEREAS, suicide is the second leading cause of death amongst people aged 10, 14 and 25 - 34, and the 11th leading cause of death in the United States; and

WHEREAS, a lack of mental health awareness leads to devastating impacts on the wellbeing of individuals and society; and

WHEREAS, evidence-based mental and behavioral health awareness training teaches individuals how to recognize signs and symptoms of mental health and substance use challenges in others and provides skills to use a five-step action plan to help someone who may be facing a mental health challenge or crisis; and

WHEREAS, Mental Health First Aid trainings are proven to reduce stigma and increase knowledge and awareness of common signs, symptoms, and risk factors of mental health and substance use challenges;

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

MAY 2025

AS

MENTAL HEALTH AWARENESS MONTH

in New Jersey.



GIVEN, under my hand and the Great Seal of the State of New Jersey, this fourteenth day of April in the year two thousand twenty-five, the two hundred forty-ninth year of the Independence of the United States.


Lt. GOVERNOR


GOVERNOR