

## ***Sing! for Mental Health: Dimensions of Wellness Concert Was a Successful, Inspiring Event***

The New Jersey Governor's Council on Mental Health Stigma hosted a concert *titled Sing! for Mental Health: Dimensions of Wellness* on May 13, 2026. The event was moving and emotionally rich, with a clear message throughout: No one is alone.

The concert began with a peaceful sound bath led by Jessica Watson. Council Chair Debra L. Wentz, PhD, then delivered opening remarks. She described the event as a powerful expression of the Council's belief that "art, music, and the human voice are among the most transformative tools we have for breaking down the silence and shame that too often surround mental health."

The event was intentionally held in May, Mental Health Awareness Month. Dr. Wentz explained that this is a time for the nation to pause and recognize the importance of mental health for every individual, family, and community. She also emphasized that stigma continues to hinder progress. By elevating voices, stories, and hopes for the future, the concert served as a reminder that ending stigma requires collective action.

Audience members enjoyed a variety of impressive performances, including guitar and keyboard pieces, uplifting songs, a dance, and a dramatic poetry reading. The event concluded with a fun "12 Days of Wellness" performance with audience participation.

The Governor's Council also presented two awards: *The Governor's Council on Mental Health Stigma's Commendation for Fighting the Stigma of Mental Illness* to the Philadelphia Phillies for their "Strike Out the Stigma" campaign, and the *Appreciation for Advancing the Fight against Stigma Award* to Cynthia Chazen, who had served as the Council's Coordinator of Community Outreach and Partnerships from August 2024 through June 2026.

The Council is grateful to everyone who attended the event and those who had a role in making the event a success – and a special shoutout to the performers who taught everyone something new and shared their inspiring stories and talents!

[Click here to watch a video of this event.](#)

