



STATE OF NEW JERSEY
EXECUTIVE DEPARTMENT

Proclamation

WHEREAS, mental health is an essential part of overall health; and

WHEREAS, mental health is defined by the World Health Organization as a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively, and is able to make a contribution to her or his community; and

WHEREAS, mental illness is a leading cause of suffering and disability that is exacerbated by stigma and discrimination; and

WHEREAS, death by suicide is the 10th leading cause of death in the United States

WHEREAS, one in six youth, aged six to 17 years, and one in five individuals aged 18 and over, will experience a diagnosable mental health disorder each year; and

WHEREAS, the COVID-19 pandemic has led to increases in anxiety and depression, substance use, trauma, grief and loneliness; and

WHEREAS, known risk factors of suicide, including mental illness, serious physical illness, chronic pain, addiction, loss, economic concerns, trauma, stress and loneliness, are worsened by COVID-19; and

WHEREAS, a large proportion of individuals with mental illness have co-occurring substance use, as well as comorbid health conditions and suffer health disparities that significantly shortens their life spans and diminishes their quality of life.

WHEREAS, while death by suicide is the 10th leading cause of death in the United States, there are opportunities to intervene, since half of individuals who die by suicide had seen a primary care provider within a month of their deaths; and

WHEREAS, with effective identification and evidence-based treatment, wellness and recovery are possible for all who live with mental illness, as no person who struggles with mental health, substance abuse disorders or both is without hope to live, work and to thrive in the community; and

WHEREAS, New Jersey is committed to providing children and adults with a robust array of person-centered, inpatient and community-based treatment and peer support services that are compassionately-delivered, affordable and effective; and

WHEREAS, every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged individuals from accessing help; and

WHEREAS, New Jersey is making great strides in its goal of instilling hope in residents with mental illness so that they can live and thrive;

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

MAY 2021
AS
MENTAL HEALTH MONTH

in New Jersey.



GIVEN, under my hand and the Great seal of the State of New Jersey, this twenty-sixth day of April in the year two thousand twenty-one, the two hundred forty-fifth year of the Independence of the United States.

Lt. GOVERNOR

GOVERNOR