

FOR IMMEDIATE RELEASE

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Invisible Pain Day and Mental Health Awareness

North Brunswick, NJ --- The Darren Clark Jr. Memorial and NAMI New Jersey applaud Governor Murphy for his newly issued proclamation which designates January 7th, 2022 as Invisible Pain Day, honoring those who have lost their battle to mental illness and calling local communities to work together in eradicating the stigma and raising awareness of mental illness.

The unseen pain that goes undiagnosed, dismissed and stigmatized has overtaken so many of our loved ones and neighbors to the point that they can no longer bear the struggle, and sadly caused many to end their lives prematurely. These lives were often marked by courage and persistence in the face of mental health conditions and their silent struggles, which are to be commemorated and reflected upon with compassion and kindness. For the grieving ones, while the fresh memory of the departed ones and support from friends and relatives bring comfort during the difficult time of tragedy, this support often fades over time. The people around "move on" with their lives and may not fathom why the sadness and pain still exist for the grieving, who continue to relive the tragedy and bear the continuous pain.

The Darren Clark Jr. Memorial and NAMI New Jersey have worked to set up the annual observance of **Invisible Pain Day**, on every January 7th, starting the proclaimed day in the year of 2022. The annual events will be a day to commemorate all those whom we have lost to mental illness and offer empathetic support to those who grieve. This is an occasion for community members to come together, in person or in spirit, to encourage and support one another, bring awareness to the silent battles due to mental illness, and remind the world that our loved ones may be gone, but they will never be forgotten. Share this day with your friends, family, and others who have suffered a loss of a loved one by suicide, as NAMI New Jersey says, "*You are not alone.*"

For this first year of observing the Invisible Pain Day, we welcome community members to join us on Friday, January 7th, 2022, at the spacious gym at the Police Athletic

League for commemorative and self-care activities. Pre-registration is required. Register at invisiblepaineday.eventbrite.com. Our event will follow CDC safety guidelines, including asking all attendees to bring and wear a well-fitted mask.

We remain mindful about public health concerns during a pandemic, and encourage individuals and families to make [informed](#) decisions regarding attending an indoor event according to their own circumstances and health conditions. If you would like to participate in this special event but prefer not to attend in-person, consider the following ways to make this a memorable occasion for you and others:

Email us a special note and/or a picture! Every thought is cherished when it comes to commemorating someone whom you love, encouraging those who share the grieving experience, and caring for yourself. We will add these special notes and photos to the slideshow of the Day, with your thoughts and support. Please email deirdre@darrenmemorial.com with a completed [Media Release Form](#), by Monday, January 3, 2022.

Spread the word. Tell your family and friends about this special annual occasion. Someone out there may need to hear about an opportunity like this at the turn of the year.

Support us with a donation. Your [financial contribution](#) goes a long way toward sustaining this annual occasion to support and honor families who grieve.

To learn more about the Darren Clark Jr. Memorial Foundation, visit darrenmemorial.com. and for more information on NAMI New Jersey, visit www.naminj.org.