



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 will host the 2nd Annual Invisible Pain Day (IPD) event on Saturday, January 7th, 2023 at the Middlesex County Fire Academy from 12-3:30. All are welcome to this meaningful occasion, to raise mental health awareness and to offer support to those who have lost a loved one to mental illness or suicide.

Governor Murphy issued a proclamation in 2022 to designate January 7th 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.

Diedre Allette Asiema, Founder and Director of the Darren Clark Jr Memorial, shared, “The intent for Invisible Pain Day was to create a safe space where suicide survivors and their supporters can come together, encourage one another, as well as share memories of loved ones.”

“Invisible Pain Day is a moment where the community comes together to create a safe space for peace and healing. IPD is a beautiful moment, and we encourage all looking for community support to join us,” Meredith Masin Blount, Executive Director of NAMI NJ said.

Mark Williams, President of NAMI NJ, stated, “It is conversations brought on by projects like Invisible Pain Day that bring mental illness and suicide out of the shadows and into the destigmatizing rays of sunlight.”

Community organizations will be present to share their support, information, and resources. Guest speakers will include family advocates, suicide survivors, mental health providers, NJ state suicide prevention program staff, and first responder representative. Highlights of the half-day event will include guest speakers, resource tables, Loving Message table, sensory

room, art therapy and other mindfulness activities, vocalist performance, and candle lit vigil. Light Lunch will be provided. The message “We are here for you” will ring in the hall.

Invisible Pain Day continues to serve as more than an event that brings people together for a common purpose. It will be a day that people can carry over with them, because of the knowledge, connection, and companionship it provides to its listeners and attendees.

Registration link for the event: invisiblepainday2023.eventbrite.com

Other ways to participate in the Invisible Pain Day

If community members would like to participate in this special event but cannot attend, 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 incorporate these special notes and photos to the program of the Day. We thank families who have submitted a photo or message. If you would still like to send one in, please email deirdre@darrenmemorial.com with a completed Media Release Form (<https://files.constantcontact.com/9325d276001/d722a907-17bf-4f51-adc2-bd9a969c1532.pdf>), by the end of **Monday, January 2nd, 2023**.
- **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. <https://naminj.org/donation/donate/>

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About NAMI NJ:

NAMI NJ is the State's largest grassroots organization dedicated to improving the quality of life of individuals and families affected by mental illness through education, support and advocacy. Local Affiliates in twenty-one counties provide self-help support and advocacy groups composed of individuals, family members, and friends affected by mental illness.