



# Proclamation

*Whereas, mental health is essential to everyone's overall health and well-being and half of us will have a mental health diagnosis at some point in our lives; and*

*Whereas, mental illnesses are real and prevalent in our nation and these challenges are one of the most common health conditions in New Jersey, affecting one out of six adults and impacts both the person experiencing mental health challenges and those persons who care and love the person facing the challenge; and*

*Whereas, every day, millions of people face stigma related to mental health and may feel isolated and alone, going years before receiving any help; and*

*Whereas, recovery can and does happen, and all New Jersey and Watchung residents should know that support and help is available regardless of any individual's situation; and*

*Whereas, creating a community where everyone feels comfortable reaching out for the support, they deserve is crucial to ending the stigma around mental health; and*

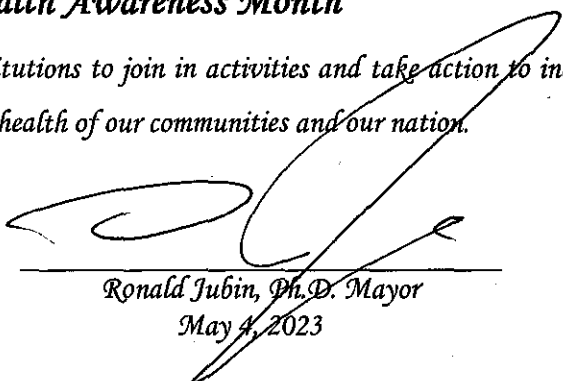
*Whereas, access to support and ending the stigma is of paramount importance; and*

*Whereas, the Governing Body of the Borough of Watchung wishes to enhance public awareness of mental health.*

*Now therefore, be it hereby proclaimed that I, Ronald Jubin, Mayor of the Borough of Watchung, County of Somerset, along with Member of the Council, do hereby recognize the month of May, 2023 as*

## ***National Mental Health Awareness Month***

*and call upon all residents and other public and private institutions to join in activities and take action to increase awareness and understanding and help strengthen the mental health of our communities and our nation.*

  
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Ronald Jubin, Ph.D. Mayor  
May 4, 2023