

RESOLUTION 2016-87

RESOLUTION OF THE TOWNSHIP OF BARNEGAT, COUNTY OF OCEAN, STATE OF NEW JERSEY ESTABLISHING BARNEGAT TOWNSHIP AS A STIGMA FREE ZONE AND RAISE AWARENESS OF MENTAL ILLNESS

WHEREAS, the National Institute of Mental Health reports that one in four adults experiences mental illness in a given year, and one in seventeen adults live with a serious mental illness such as schizophrenia, major depression, or bipolar disorder; approximately 20% of youth ages 13 to 18 and 13% of youth ages 8 to 15 experience severe mental disorders in a given year; and

WHEREAS, the stigma associated with the disease of mental illness is identified as the primary reason individuals fail to seek the help they need to recover from the disease; and

WHEREAS, the *Stigma-Free Zones* aim to inspire public interest and open dialogues about stigma, raise awareness of the disease of mental illness and create a culture wherein residents who have the disease of mental illness feel supported by their community and neighbors and feel free to seek treatment for the disease without fear of stigma; and

WHEREAS, promoting awareness that there can be no “health” with mental health will break down barriers and encourage residents of all ages to be mindful of their mental health and ask for help when needed; and

WHEREAS, local resources are available to treat the disease of mental illness so no one resident needs to suffer alone or feel hopeless; and

WHEREAS, establishing *Stigma-Free Zones* will raise awareness of resources and encourage residents to engage in care as soon as the need is identified so recovery can begin, hope is inspired and tragedies are avoided.

NOW, THEREFORE BE IT RESOLVED that the Mayor and Township Committee of the Township of Barnegat, County of Ocean, State of New Jersey recognize the community needs and supports the designation of Barnegat Township as a *Stigma-Free Zone*.

CERTIFICATION

I, Michele Rivers, Municipal Clerk of the Township of Barnegat, County of Ocean, State of New Jersey do hereby certify that the foregoing resolution was duly adopted by the Township Committee at their meeting held in the Municipal Complex, 900 W. Bay Avenue, Barnegat NJ on the 9th day of February 2016

Michele Rivers, RMC
Municipal Clerk