



For Immediate Release – Wednesday, May 26th, 2021

NUTLEY IS "GOING GREEN" IN HONOR OF MENTAL HEALTH MONTH

Take the Pledge to support our Stigma Free Community

May is Mental Health Awareness Month and in recognition, John V. Kelly and the Nutley Public Affairs and Health Department, in partnership with the [Nutley Family Service Bureau](https://www.nutleyfamily.org/), invite and encourage individuals to join them in taking the Pledge at <https://nami.org/Get-Involved/Pledge-to-Be-StigmaFree/StigmaFree-Me/StigmaFree-Pledge> to make Nutley a Stigma Free Community.

The Township was designated as a Stigma Free Community by resolution at the May 5, 2021 Board of Commissioners meeting. In recognition of this honor, and to promote the Pledge initiative, on Wednesday, May 26 and Thursday, May 27 the Public Affairs Building, the Town Hall, the Nutley Family Service Bureau and Memorial Park will be illuminated in green, the identifying color of mental health month.

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. Stigma-Free Zones aim to inspire public interest and open dialogues about stigma, as well as 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.

Promoting awareness that there can be, no "health" without 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. 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.

The National Alliance on Mental Illness (NAMI) is promoting the 2021 theme, "You are not Alone". As stated on their website <<https://nami.org/home>> , "Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need. Together, we can encourage acceptance and understanding. Together, we can advocate for a better world. Together, we can turn StigmaFree Me into StigmaFree We."

Take the Pledge at <https://nami.org/Get-Involved/Pledge-to-Be-StigmaFree/StigmaFree-Me/StigmaFree-Pledge> today!

For more information, or to set up an appointment with a counselor, please call the Nutley Family Service Bureau at 973-667-1884. NFSB is located at 169 Chestnut Street, Nutley, NJ 07110.