

# THE CITY OF SUMMIT

N E W J E R S E Y

CITY HALL 512 SPRINGFIELD AVENUE SUMMIT, NJ 07901

## News Release

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### Summit Celebrates Mental Health Awareness Month in May

SUMMIT, NJ, May 1, 2024 – In recognition of Mental Health Awareness Month, the City of Summit announces several initiatives to enhance public awareness and support for mental health throughout May. This national observance is dedicated to shedding light on mental health issues and promoting well-being in communities across the country.

The Summit Communications Office has partnered with Summit Downtown Inc. and local businesses to distribute and display vibrant Mental Health Awareness posters. These posters, which can be downloaded from the city website at [cityofsummit.org/MHAM](http://cityofsummit.org/MHAM), aim to foster awareness and provide support.

In a visible show of solidarity, green ribbons, the recognized symbol of mental health awareness, will adorn trees at City Hall, the Village Green, and the Community Center. City staff and council members will also wear these ribbons to emphasize the importance of mental health.

Adding to municipal outreach, the ‘Chalk It Up!’ campaign invites community members to engage in creating positive messages and artwork using sidewalk chalk available at local parks and elementary schools. This initiative includes a collaborative effort with the United Methodist Church of Summit, where a chalkboard will be placed at the intersection of Springfield Avenue and Kent Place Boulevard. This board will feature weekly prompts encouraging people passing by to express their feelings and thoughts.

Throughout the month, the City of Summit will provide valuable tips, tools, and resources for stress management via its social media channels and the official city website, enhancing public access to mental health resources.

Mayor Elizabeth Fagan, MD, encourages community participation, stating, “I urge everyone to utilize the resources we are sharing throughout May. Mental health is as critical as physical health, and it is essential to recognize that support is available. Our campaign aims to illuminate the significance of mental well-being and cultivate a supportive environment for all our residents.”

Additional information on mental health resources is available at [cityofsummit.org/MHAM](http://cityofsummit.org/MHAM) and from the following organizations:

- [American Psychological Association](http://american-psychological-association.org)
- [National Institute of Mental Health](http://nimh.nih.gov)
- [U.S. Dept. of Health & Human Services](http://usdohhs.gov)
- [CDC](http://cdc.gov)
- [Mayo Clinic](http://mayo.org)
- [New Jersey Department of Health](http://nj.gov/health)

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