

## **Resolution #158-2022**

### **Stigma Free Communities**

**WHEREAS**, mental illnesses refer to disorders generally characterized by dysregulation of mood, thought, and/or behavior, and encompasses a variety of disorders ranging from depression and anxiety to substance and alcohol use disorder and bipolar disorder, and

**WHEREAS**, mental illnesses can affect persons of any age, race, religion or income, 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, Stigma-Free Communities** aim to inspire public interest and open dialogue 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 feelings of shame or disgrace, being stigmatized, and

**WHEREAS**, the Mayor and Council of the Township of Clinton wishes to lead our community in recognizing the need to eliminate the stigmatization of mental illness by designating the Township of Clinton as a Stigma Free community, promoting awareness that there can be no “health” without mental health, breaking down barriers, and encouraging residents of all ages to be mindful of their mental health and to ask for help when needed, so recovery can begin, hope is inspired, and tragedies are avoided,

**NOW THEREFORE BE IT RESOLVED** that the Mayor and Council of the Township of Clinton hereby designates the Township of Clinton as a Stigma-Free Community, raising awareness of the resources available and encouraging those who may have need for mental health services to engage in care, as soon as the need is identified, and for all residents to demonstrate compassion, understanding, and support through the elimination of the stigma towards those suffering with mental illness.

**Be It Further Resolved** that the Township of Clinton joins with Hunterdon County and many of the communities in the county in becoming Stigma Free By '23.

ATTEST:

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Carla Conner, Township Clerk

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Brian Mullay, Mayor

Adopted: August 10, 2022

**CERTIFICATION**

I, Carla Conner, Municipal Clerk of the Township of Clinton, County of Hunterdon, State of New Jersey, do hereby certify the foregoing to be a true and correct copy of a resolution duly authorized by the Mayor and Council on this 10th day of August, 2022.

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*Conner Conner, Municipal Clerk*