

Mental Health

Mental health encompasses the emotional, psychological, and social well-being of an individual. It affects how a person thinks, feels and interacts with others. Mental health determines how people cope with the stresses of life and make decisions. Community events geared towards mental health can support the entire community, especially residents with mental illness.

Meditation – Create community events in partnership with local professionals focused on meditation. Events can range from yoga, mindful meditation, or a breathing technique class. School-based meditation events are a great way to incorporate youth!

Stigma-free Journals– Provide community events where residents can discuss or write about their experience with mental illness. Advocate for a mental health stigma-free township!

Spread the Word – Advertise Mental Health Awareness Month, in May, by promoting mental health through the provision of links to mental health resources and local services to support the community, particularly residents with mental illness.

Get the Experts – Partner with your local hospital, clinic, or other health care providers that provide mental health services, such as counseling services, for your residents.

Resources –

[Mental Health America](#)

[Meditation programs for psychological stress and well-being](#)

[MentalHealth.gov](#)

[National Alliance on Mental Illness NJ](#)

[NJ Mental Health Cares](#)

MWC Success Stories:

Robbinsville, NJ Mayor Dave Fried, the Municipal Alliance for the Prevention of Substance Abuse and Robbinsville Township Police Chief have formed Robbinsville C.A.R.E. – Community Addiction Recovery Effort – a program to offer treatment options for those suffering from opiate/opioid addiction.

To learn more, click [here](#).



Mayors Wellness Campaign
Put your community in motion.