

# May is National Mental Health Awareness Month

Show your support of Mental Health Awareness with

## Stigma-Free Lawn Signs

*courtesy of*



**Access for All  
and Stigma-Free  
Committees**



Each May, Mental Health Awareness Month provides the opportunity for everyone to come together to illuminate mental health awareness in an effort to stop the stigma.

The Stigma-free initiative aligns with the Borough of Rutherford's mission to collaborate with community stakeholders to prevent substance abuse and other at-risk behaviors, mental health crises, and substance use/mental health disorder stigmas through awareness, resources, and education.

**#stopthestigma**

**Lawn signs can be picked up in the  
Rutherford Recreation Department.**

**Contact Councilwoman Stephanie McGowan at  
smcgowan@rutherfordboronj.com for more information.**



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