

# Writing a NJ4S Letter to Governor Sherrill

## Purpose:

- Share your **real experience** and explain why **NJ4S funding** for youth mental health programs **should NOT be cut.**
- **Your voice matters!** Legislators make decisions based on stories like yours!

## Step 1: Start Your Letter

### At the top of your letter, write:

- Your Name
- Your Address
- City, State, Zip Code
- Date

Then write:

**Dear Governor Sherrill,**

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## Step 2: Introduce Yourself

### In 1-2 sentences:

- Say who you are (first name only is okay if preferred)
- Mention that you are a young person living in New Jersey

### Example:

"My name is \_\_\_\_\_ and I am a student in [town/county]. I am writing to you because I care about youth mental health in our community."

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## Step 3: Name the Program (Important!)

### Be sure to use the official name of the program:

- **NJ4S (New Jersey Statewide Student Support Services)**
  - Do **NOT** use names like "my group," "teen program," "LMTI," or informal titles - the governor will not recognize them.
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## Step 4: Share Your Experience

### This is the most important part. **Be real and specific:**

- How has NJ4S helped you or people you know (specifically mental health)?
- What did you learn?
- How did it make a difference in your life, school, or community?

### You can mention things like:

- Access to free mental health support
- Learning how to help yourself or a friend
- Feeling less alone - feeling comfortable asking for help
- Being part of something positive and find my voice
- Helping your school or community

### Example Starters:

- "Because of NJ4S, I was able to..."
- "This program helped me understand..."
- "I have seen how this program supports students by..."

## Step 5: Explain Why Funding Matters

### Share why it would be harmful if funding is cut:

- What would students lose?
- Why is this program important for youth right now?

**Example:** "If funding is cut, students like me may not have access to the support we need during difficult times."

## Step 6: Make a Clear Request

### Ask them directly to take action:

**Example:** "I am asking you to please continue funding NJ4S so that students like me can keep getting the support we need."

## Step 7: Close Your Letter

End with:

**Sincerely,**  
Your Name

# Youth Letter Template

Your Name: \_\_\_\_\_  
Your Address: \_\_\_\_\_  
City, State, Zip Code: \_\_\_\_\_  
Date: \_\_\_\_\_

**Dear Governor Sherrill,**

My name is \_\_\_\_\_ and I am a student/youth from \_\_\_\_\_ (town/county).

I am writing to you about the importance of **NJ4S (New Jersey Statewide Student Support Services)**.

Because of NJ4S, I have been able to:

\_\_\_\_\_  
\_\_\_\_\_

This program has helped me (or people I know) by:

\_\_\_\_\_  
\_\_\_\_\_

One thing I learned or experienced through NJ4S is:

\_\_\_\_\_  
\_\_\_\_\_

This matters to me because:

\_\_\_\_\_  
\_\_\_\_\_

If funding for NJ4S is cut, it would impact youth like me by:

\_\_\_\_\_  
\_\_\_\_\_

I respectfully ask you to:

\_\_\_\_\_

(Example: continue funding NJ4S so students can access mental health support)

Thank you for taking the time to read my letter and for supporting young people in our community.

**Sincerely,**