

Press



Release

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For Immediate Release

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Legislator Wolfe: ‘By Working Together, We Can Reduce Stigma, Promote Mental Wellness And Support Prevention Efforts’

Rockland County Legislature Cites Work Of NAMI Rockland & Proclaims May As Mental Health Awareness Month In Rockland

NAMI Rockland Launches ‘Stigma-Free Zone’

New City, NY (May 18, 2023) – Rockland County Legislators recognized the contributions of NAMI Rockland and proclaimed May as Mental Health Awareness Month in Rockland County.

“We want to shine a light on mental illness and mental health disorders to encourage everyone who needs help to seek that help,” Rockland County Legislator Alden Wolfe said. “No matter your age, race, creed or economic class, mental illness and mental health disorders can impact you.”

NAMI Rockland provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness and other mental health disorders can build better lives. NAMI Rockland also promotes research, fosters understanding, and combats discrimination and stigma through outreach to the community.

The organization calls attention to the complex mental health needs of children, youth and families and the need to raise awareness, reduce stigma and promote compassion and understanding while also encouraging treatment.

NAMI members and volunteers include individuals living with mental illness, relatives, friends and advocates working together to improve the lives of people affected by mental illness.

“Many of NAMI Rockland’s members have shared similar experiences and personally understand the struggles being faced,” Rockland County Legislature Chairman Jay Hood Jr. said. “We owe them our gratitude because they are willing to share their knowledge with individuals and families in need of advice, advocacy and help.”

Stigma and fear of discrimination keep many who would benefit from mental health services from seeking that help.

“But education, compassion, and awareness about mental illness can change negative attitudes and behaviors toward people with mental illness,” Legislator Wolfe said. “By working together as a community, we can reduce stigma, promote mental wellness and support prevention efforts.”

NAMI Rockland is beginning a new campaign to create an anti-stigma zone in all of Rockland County, said Executive Director Sandra Wolf.

“Our goal is to involve everyone in this countywide initiative, which would include all Rockland County residents, young and old,” Wolfe said. “Every community member is a key stakeholder and we want to link all stakeholders to training opportunities and awareness events aimed at increasing public knowledge of mental illness and knowledge of the local resources available in Rockland County.”

NAMI Rockland’s Secretary, Jacquelyn Drechsler, said there are many resources available to help individuals, families and all who care about a person who may be struggling with mental illness.

“We used to say stamp out stigma. Now we’re trying for a stigma-free zone,” Drechsler said. “As more and more people acknowledge that they have some problems or challenges and get help, more and more people may be feeling open about actually being part of the stigma-free zone.”

If you or someone you know needs help or information about mental illness or mental health disorders, including available services, please call NAMI Rockland at (845) 359-8787 or at (845) 359-8784 (Español).

Visit NAMI Rockland’s website: <http://www.namirockland.org/index.html>

If you are in crisis, please call 988 or go to the nearest emergency room.

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