



County Executive's Corner: Help Is A Phone Call Away

BY: Rockland County Executive Ed Day



As we observe Suicide Prevention Month this September, we are reminded of the tragic reality that suicide affects countless families, friends, and neighbors each year.

My administration is committed to raising awareness, providing resources, and fostering an environment where those struggling with mental health challenges are heard and supported.

I implore residents to be aware of some of the warning signs. While these signs may not always be obvious, being aware can make all the difference and include:

Talking about wanting to die, expressing feelings of hopelessness.

Withdrawing from friends, family, and activities.

Exhibiting extreme mood swings or unusual behavior.

Giving away possessions or saying goodbye to loved ones.

Displaying an increase in substance abuse or risky behaviors.

It is essential to remember that these are all signs of someone crying for help and if you notice anyone exhibiting any of these behaviors, reach out to them as a simple conversation can open the door to the support they need.

To the people of Rockland, never forget that each of us plays a crucial role in creating a culture where mental health is prioritized and where individuals feel safe to seek help without judgment. By spreading awareness, we reduce the stigma surrounding mental health issues and create a more supportive environment for everyone.

This Suicide Prevention Month and beyond, let us all commit to looking out for one another. If you or someone you know is struggling, do not hesitate to reach out.

I remind our families that our mental health resources are robust and encourage you to reach out to our Rockland County Department of Mental Health at (845) 364-2391 for help getting connected to counseling services, crisis intervention, or referrals to specialized care.

Additionally, the National Suicide Prevention Lifeline is available 24/7 at 988 for immediate assistance. The lifeline provides confidential support to anyone in distress and connects them with local resources. You can learn more about it at 988lifeline.org

Always remember that help is just a phone call away.

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COUNCILMAN BOB AXELROD'S Recent Major Achievements

- ★ Lead sponsor of the **Deputy Town Attorney Designation Act**, that strengthens code enforcement in the Town of Clarkstown.
- ★ Sponsored and helped pass the **"Clarkstown Community Preservation Act"**, to preserve open space and historic land marks.
- ★ Passed a resolution on September 15, 2026, calling for a moratorium on development in the Town of Clarkstown.

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