

## GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE

1. [Adjusting to New Routines and Concerns about COVID-19](#)
  - [Talking with Kids about COVID-19](#)
  - [Strategies for Remote Learning](#)
  
2. [Emotional Support](#)
  - [Supporting Children's Mental Health During the Return to School](#)
  - [Building Resilience in Kids and Teens](#)
  - [Empowering Your Child](#)
  - [Social-Emotional Learning](#)
  - [General Coping Skills - Elementary/Secondary](#)
  - [Strategies for Anger](#)
  - [Strategies for Anxiety](#)
  - [Coping with Family Illness/Loss](#)
  - [Care for the Caregiver- Self Care Resources for Parents and Guardians](#)
  - [Psychiatric Emergency Crisis Resources](#)
  
3. [Additional Community Resources](#)
  - [Medical and Basic Needs](#)
  - [Food Resources](#)
  - [NY State Financial Assistance and Housing Information](#)

## **GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE**

### **Adjusting to New Routines and Concerns about COVID-19**

#### ***Talking with Kids about COVID-19***

- Free-online book to reassure children about COVID-19  
<https://www.mindheart.co/descargables>
- Advice for how to speak with children about COVID-19 from SAMHSA  
[https://store.samhsa.gov/sites/default/files/SAMHSA\\_Digital\\_Download/PEP20-01-01-006-508.pdf](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-006-508.pdf)

#### ***Strategies for Remote Learning***

- This [parent guide](#) from the NYU Child Study Center explains how to set your child up for success at home while schools are closed.
- This [slideshow](#) from Parents.com describes how to set up an effective and organized workspace for your child in your home.
- Support your child with transitions. In this [article](#) from the Child Mind Institute, learn strategies to help your child shift gears and move through activities throughout the day while staying calm and in control.
- This [article](#) from the Child Mind Institute describes ways to facilitate your child's homework completion. These strategies can be generalized to setting up a successful remote learning situation. Tools described include structuring a work space, developing a schedule, and setting up incentive systems if needed.
- Learn how to use praise and rewards wisely to support your child's behavior at home with this [handout](#) from the National Association of School Psychologists.
- Learning from home can be a challenge for children with attention problems and hyperactive/impulsive behaviors. This [Washington Post](#) article describes how to structure learning at home for children and adolescents with ADHD. You can find more [resources](#) from CHADD.org including tips for setting up ADHD-friendly work environments, creating routines and structure, and promoting positive behaviors.
- A Board Certified Behavior Analyst (BCBA) provides a [user friendly guide](#) for parents with visuals to describe several strategies that you can use to help your child learn successfully at home.

# **GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE**

## **Emotional Support**

### **Supporting children's mental health during the return to school**

- Recent world events have caused major disruptions to daily life and children are feeling these changes. While the return to school will be welcome for many students, others will be feeling anxious or frightened. Here are some tips to help your children navigate their emotions as they return to school.

<https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

<https://medicalxpress.com/news/2020-07-pediatric-experts-children-mental-health.html>

### **Building Resilience in Kids & Teens**

- Resilience - the ability to adapt well to adversity - can help children manage stress and feelings of anxiety and uncertainty. Here are some tips to help build resilience in children and teens.

<https://www.apa.org/topics/resilience-guide-parents>

- Build resiliency in your children, which will help them weather tough times. Here are five strategies you can integrate into your practices that will promote a greater sense of competence in your children.

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/prevention-and-wellness-promotion/building-resiliency-helping-children-learn-to-weather-tough-times>

### **Empowering Your Child**

- Strategies for building positive self-esteem & self-awareness, recognizing strengths & developing a growth mindset.

<https://www.understood.org/pages/en/families/friends-feelings/empowering-your-child/>

## **GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE**

### **Social-Emotional Learning**

- Help your child learn to manage emotions and work on social skills by playing fun games at home.

[https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children?\\_ul=1\\*2nfsb9\\*domain\\_us erid\\*YW1wLUo5N19PNjRIYUxQT2xqNDBHSFZLMmc.](https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children?_ul=1*2nfsb9*domain_us erid*YW1wLUo5N19PNjRIYUxQT2xqNDBHSFZLMmc.)

### **General Coping Skills - Elementary/Secondary**

#### Elementary Coping Skills

- Children's self-awareness contributes to their ability to cope. Learn how to use self-reflection as a coping skill.  
<https://empoweringeducation.org/blog/self-reflection-as-a-coping-skill/>
- For children ages 5-10: Stop, Breathe, and Think Kids App  
<https://www.stopbreathethink.com/kids/> Guided mindfulness exercises that help kids discover and develop their superpowers of sleep, being calm, learning to breathe, and resolving conflicts
- For children of all ages: Cosmic Kids Yoga <https://www.cosmickids.com/> Mindfulness and relaxation activities for children of all ages to support the physical and emotional well-being of children
- For Elementary-Aged Children: Mindfulness Exercises  
<https://drive.google.com/file/d/1ZZVYmvcQW4P1D4Tav0zw3Qjy3LZzTiLN/view>  
A variety of mindfulness exercises, that require little to no materials. Some are great for indoors and some will allow you to go outside and enjoy fresh air.
- For Elementary-Aged Children: Breathing Activities with visuals  
<https://drive.google.com/file/d/1WkSJLL8kDF8pyHEos7Ji4JVAHCQk3on/view>  
Breathing activities for children of all ages that require no additional materials. These activities add visual imagery to assist with breathing techniques.
- For Elementary-Aged Children: Relaxation Scripts  
<https://drive.google.com/file/d/1JUpQcKihKJ-eyDLReEg8i9v05zEzgrdy/view>  
All you need is a calm voice! Read these scripts aloud to your children to provide them with relaxation techniques to help calm their strong feelings.

#### Secondary Coping Skills

- Here are resources to help your teenager understand stress, define their stressors, and identify healthy choices for managing stress. The article also contains a link for teens to create a Personal Stress Management Plan and a video of teens summarizing the steps for de-stressing.  
<https://parentandteen.com/teen-stress-management-plan>

## GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE

- Just for Teens: A Personal Plan for Managing Stress  
[https://www.aap.org/enus/professional-resources/ReachingTeens/Documents/Private/Personal\\_plan\\_handout.pdf](https://www.aap.org/enus/professional-resources/ReachingTeens/Documents/Private/Personal_plan_handout.pdf)
- Managing Stress in Teens and Adolescents: A Guide for Parents  
<https://www.bradleyhospital.org/managing-stress-teens-and-adolescents-guide-parents>
- PositivePsychology.com provides 23 resilience training activities that can be used with teens and adults to foster resilience skills. This also provides powerpoints and resources to teach teens and adults the skills they need to be resilient and bounce back from setbacks. Additionally, it offers a "mental toughness" test and training used by the Army to build mental toughness.  
<https://positivepsychology.com/resilience-activities-exercises/>
- Stress Management and Teens  
[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx)
- Below is a YouTube video illustrating healthy coping strategies:  
<https://www.youtube.com/watch?v=5EXpkVw3fh0>
- Teens & Stress- Practical Coping Skills  
<https://www.psychologytoday.com/us/blog/the-race-good-health/201501/teens-and-stress-practical-coping-skills>

### Strategies for Anger

- **Find healthy ways to deal with angry feelings.** When children have trouble taming their tempers, here are five strategies you can use to teach anger management skills.  
  
<https://www.verywellfamily.com/ways-to-teach-your-child-anger-management-skills-1095010>
- This [article](#) from the Child Mind Institute describes strategies to help your child calm down and avoid explosive behavior.
- **Angry Octopus** is a story that teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger. There is an accompanying coloring book called **Angry Octopus Color Me Happy, Color Me Calm** that can be purchased.
- **What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger** (What-to-Do Guides for Kids). This workbook guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids. This interactive self-help book is the complete resource for

## GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE

educating, motivating, and empowering children to work toward change. Ages 6 – 12

- **What to Do When You Grumble Too Much** (What-to-Do Guides for Kids) guides children and their parents through the cognitive-behavioral techniques used to treat negative thinking. Lively metaphors and illustrations help kids see life's hurdles in a new way, while drawing and writing activities help them master skills to get over those hurdles. Step-by-step instructions point the way toward becoming happier, more positive kids. This interactive self-help book is the complete resource for educating, motivating, and empowering children to work toward change. Ages 6 – 12

### Anger Management for Teens/High School Students (mature middle school students)

- Teenagers who learn how to manage their anger are more likely to be successful in school, in relationships, and in their careers. Here are eight ways to teach teens anger management skills.

<https://www.verywellfamily.com/teach-teens-anger-management-skills-2609114>

- This short video was made in the UK. It features older teens/young adults who discuss their anger. Specifically, (1) What happened the last time you were angry, (2) What anger feels like for them, and (3) how they managed their anger. The video is short and engaging -- and provides good suggestions for managing anger/putting disappointing or frustrating experiences into perspective. <https://www.youtube.com/watch?v=M2O5eK7YMzE>
- Aspiro adventure is a wilderness tour company for teens; however, if you scroll down on the family resources tab to Blogs and then to “angry-teens” there are many resources for understanding anger in teens and how to best respond to anger in teens. The Ted Talks under the header, “8 Ways Parents Can Help Their Angry Teen” are excellent. <https://aspiroadventure.com › blog › angry-teen>

## **GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE**

### **Strategies for Anxiety**

- Here is a toolbox of methods for calming anxiety in children. This article includes quick tips and supportive language you can use in stressful moments and additional strategies for building skills your child can use to deal with anxiety.

<https://copingskillsforkids.com/calming-anxiety>

- 8 stress relief techniques for young children are outlined for you to follow. Every child learns to self-soothe in their own way. Practicing these techniques will help build your child's resiliency and find the method(s) that work best for him/her.  
<https://www.understood.org/en/friends-feelings/managing-feelings/fear/8-self-soothing-techniques-for-your-young-child>
- Get restful sleep. Listen to and/or watch this Bedtime Story. It introduces children to deep breathing or "diaphragmatic breathing" to help decrease anxiety, lower stress and control anger while promoting peaceful sleep.  
<https://www.youtube.com/watch?v=OiaUV-OiBGE&index=1&list=PLJdq3OzEoR1iygD0ReUDwOh7Pmn42TcKN>
- This article outlines strategies for helping your child learn to manage anxiety.  
<https://www.psycom.net/help-kids-with-anxiety>

### **Coping with Family Illness/Loss**

- The National Association of School Psychologists (NASP) published guidance for parents and educators to help children of all ages understand grief and cope with the loss of a loved one.  
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/addressing-grief/when-grief-loss-hits-close-to-home-tips-for-caregivers>
- If you are looking for a book to read with your child on the topic and open the conversation, NASP compiled a list of picture books to support loss, natural disasters, anxiety, and dealing with tragedy.  
<https://www.nasponline.org/x33507.xml>
- A free e-book is also provided by the National Child Traumatic Stress Network (NCTSN), entitled "Ready to Remember Jeremy's Journey."  
<https://www.nctsn.org/resources/ready-remember-jeremys-journey-hope-and-healing>
- The COPE Foundation is a wonderful local organization that also offers monthly support groups for surviving family members. In addition, they run Camp Erin NYC, a weekend long bereavement camp free to families. Camp Erin is for children ages 6-17 who have lost a parent, sibling, or loved one. The weekend now includes a parent retreat for surviving parents to go through activities together, as well. (<https://www.copefoundation.org/camp-erin-new-york-city/>)

## **GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE**

- Northwell Health's Center for HOPE (Healing, Opportunity, Perseverance, Enlightenment) offers programs to meet the needs of the entire family—providing support and help to bereaved children, adolescents and parents through developmentally age-appropriate groups and short term counseling.  
<https://childrenshospital.northwell.edu/your-visit/center-for-hope>

### **Care for the Caregiver: Self-Care Resources for Parents/Guardians**

- Many parents are feeling stressed and overwhelmed right, trying to manage parenting, work, and school. Below are some resources about the importance of taking care of yourself so that you can better take care of those who need you.  
<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>  
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/care-for-caregivers-tips-for-families-and-educators>
- TRAILS offers a resource with a menu of strategies for self-care, each grounded in empirical research  
<https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-everyone.pdf>
- 3 mindfulness techniques to help reduce parenting stress  
<https://www.understood.org/en/family/taking-care-of-yourself/dealing-with-emotions/3-mindfulness-techniques-to-help-reduce-parenting-stress>
- This collection of resources includes ways parents can support themselves so that they can support their children, particularly in dealing with anxiety and stress around Coronavirus (COVID-19).  
<https://copingskillsforkids.com/coping-with-coronavirus>



## GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE

### Psychiatric Emergency Crisis Resources

**\*\*In the event of a serious psychiatric emergency, call 911.**

- New York State Mental Health Hotline  
1-844-863-9314  
This new hotline was established in response to the COVID-19 pandemic and is available to New Yorkers who need it. Over 6,000 mental health professionals have volunteered their time. The hotline offers FREE emotional support, consultation and referrals. Many languages are available. People should ask for the language they need when they call.
- SAMSHA Disaster Distress Helpline  
1-800-985-5990 or text TalkWithUs to 66746  
The SAMSHA Disaster Distress Helpline is staffed by trained counselors from a network of crisis call centers located across the United States. These counselors provide crisis counseling for people in emotional distress related to any natural or human-caused disaster (such as an infectious disease outbreak), tips for healthy coping, and referrals to local crisis centers for additional follow-up care and support (if needed). Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor. Here is a link to the website if you would like to get more information about this supportive service:  
<https://www.samhsa.gov/find-help/disaster-distress-helpline>
- Cohen's Children's Medical Center Behavioral Health Urgent Care  
269-01 76th Avenue, Lobby Level New Hyde Park, NY 11040  
Call (718) 470-3148  
Operational Hours are Monday-Friday from 9am-2:30pm  
Parents are strongly encouraged to call ahead. Patients may be seen for a Telehealth psychiatric screening rather than an emergency room visit in order to prevent the amount of visitors to the hospital during the COVID-19 pandemic. For AFTER HOURS Psychiatric Emergencies at Cohen's Children's Medical Center, the Pediatric Emergency Room at Cohen's Children's Medical Center continues to be operational 24/7. Parents or providers are encouraged to call ahead at (718) 470-7640.
- Nassau County Mobile Crisis Team  
(516) 572-6419  
The Mobile Crisis team consists of licensed professional social workers and nurses who are specially trained to help individuals, and their families, with mental health problems. If you or a family member is experiencing a mental health crisis, calling the Team is an alternative to calling the police or driving to a psychiatric emergency room. Social workers and nurses travel to homes, schools, work-sites and other locations in Nassau County. The Team responds the same day and provides supportive crisis intervention for children and adults

## GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE

who are experiencing an emotional disturbance, interpersonal crisis or psychiatric emergency.

- Domestic Violence Help Hotlines- **\*\*\*\*If you need help now**, here are some places you can call: [For help with conflicts at home, click here](#)
- Zucker Hillside Hospital, ADULT Behavioral Health Crisis Center  
75-59 263rd St, Queens, NY 11004  
(718) 470-8300  
Services include care coordination, crisis psychotherapy, diagnostic evaluations, medication management, and referrals and connection to follow-up care. Adults in crisis are encouraged to call ahead to receive preliminary screening and instructions due to the effort to limit the volume of patients entering the hospital during the COVID-19 outbreak.
- National Suicide Prevention Lifeline  
800-273-TALK(8255)  
The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
- Lifeline Chat is an online service of the National Suicide Prevention Lifeline, connecting individuals with counselors for emotional support and other services via web chat 24/7.  
<https://suicidepreventionlifeline.org/chat/>
- Partnership for Drug Free Kids' Parent Help Line (operating at full capacity during COVID-19) 1 -855-378 – 4373 - help line  
DrugFree.org - click on "get help and support"  
Hours: M-F 9 am - 12 am, Sat-Sun 12 pm- 5pm  
They offer phone consultation and referrals, online facilitated support groups for parents, and parent coaching.

## GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE

### Additional Community Resources

#### Medical and Basic Needs

**\*\*\*In the event of a serious medical emergency, call 911.**

Please contact [pupil personnel staff at each school](#) for help, information or referrals beyond what is listed here. ([Español/ 中文](#))

#### **Pediatric Medical Resources - Easily accessible for those without a local primary pediatrician.**

- PM Pediatrics at 1457 Northern Blvd. in Manhasset is currently offering in-person appointments (with enhanced patient safety measures in place). Video telemedicine appointments are also available through the PM Pediatrics Anywhere App. COVID testing is available at all locations. Please call (516) 520-5437 or go to <https://pmpediatrics.com> for more information. Hours of operation are 12pm- 10 pm daily.
- If you suspect you may have COVID-19, you can find information about testing, as well as other helpful links [here](#).

#### **Food Resources**

- Find the most up-to-date information on local food banks near you: [www.islandharvest.org](http://www.islandharvest.org)
- **St. Aloysius Church- Interfaith Food Pantry**  
592 Middle Neck Rd. Great Neck, NY 11023 516-829-8343  
**Every other Saturday, 8-10:30** (9:00 for families who are coming as needed and have not registered with Bertha in advance).  
According to the current schedule, food will be given out on 9/5, 9/19, 10/3, 10/17, 10/31, 11/14 and every other Saturday following.
  - ❖ Families who know they will be picking up food are asked to email Bertha and register beforehand if possible. (berthaclaras@hotmail.com). She can then better prepare for the number of families who will be needing food. All information will be kept confidential. Families who are registered come at 8:00 a.m.
  - ❖ Unregistered families coming to the pantry because of their current situation should come at 9:00. Doors will close at 10:30 AM. When you arrive, Bertha will give you a number. You will then be asked for your Name, Address, and Names/Ages of People in your family.

## **GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE**

❖ Please wear masks and keep social distance.

- **Great Neck Kosher Food Pantry**

130 Steamboat Road, Great Neck NY 11023

(516) 400-3026 Melody Aziz

First and Third Tuesday of each month, 9-11 a.m., and by appointment

- ❖ Families who do not keep Kosher are encouraged to use the other local food resources rather than visiting the kosher pantry if possible.
- ❖ All visitors will be served on a one-time basis. To continue after the first visit, families will be asked to fill out a screening form including financial information.

- **Shelter Rock Church Food Pantry**

65 High Street Manhasset, NY 11030 631-948-6221 [Directions](#)

Tuesday 3pm-6 pm

The door is to the left of the main door. Please bring ID or a piece of mail with your name.

- **G.N.P.S. Meal Service Information- FULL REMOTE, ALTERNATE A/B, PRE K-12:**

Governor Cuomo's regulations require us to have access to eligible and compliant meals to all students using the full remote program or in school on alternate days. We have divided the district into two zones, North and South. Students who attend North High, North Middle, Baker, JFK and Saddle Rock will have access to meals at the kitchen entrance at the rear of **North Middle School** from **11AM-1PM Monday through Friday**. Students who attend South High, South Middle, Lakeville and Parkville will have access to meals at the kitchen entrance at the rear of **South Middle/South High** kitchen entrance (just off the Phipps Administration building) from **11AM-1PM Monday through Friday**.

- **Supplemental Nutrition Assistance Program**

- SNAP provides nutrition benefits to supplement the food budget of families in need so they can purchase healthy food and move towards self-sufficiency:

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

### **NY State Financial Assistance and Housing Information**

#### Financial Assistance

- For a comprehensive list of benefits through NY State for households facing financial hardship, visit:

[https://mybenefits.ny.gov/screening/ScreeningWelcome\\_input.nysmybw](https://mybenefits.ny.gov/screening/ScreeningWelcome_input.nysmybw)

## **GNPS MENTAL HEALTH & WELLNESS RESOURCE GUIDE**

- NY State Residents who have experienced unemployment as a result of the COVID-19 pandemic can apply for extended unemployment benefits here: <https://www.labor.ny.gov/home/>  
Full-time and part-time workers, independent contractors and farmers are eligible. Whether you qualify – and how much you are allocated– depends on how much you worked during the past 15 months.

### Housing Information

- **Eviction** laws and executive orders have been changing frequently, as the pandemic continues. For information about policies regarding eviction, and your rights, click [here](#) ([aquí para español](#)).
- **Mortgages and Foreclosures.** Foreclosure actions continue to be on hold until September 20th in New York State. For more information on mortgages and foreclosures, click [here](#).
- For assistance with concerns about eviction or foreclosure, families can contact [The Nassau Suffolk Law Center](#). They provide free consultation and legal representation for people with low income or disabilities ((516) 292-8100. (se habla español)
- PSEG of Long Island has agreed to suspend shutting off power and fuel during the pandemic. Contact PSEG at 1-800-490-0025 or click [here](#) for the most updated information.
- The HEAP Program through NY State helps low-income residents pay the cost of heating their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off: <https://otda.ny.gov/programs/heap/>