### School Mental Health Newsletter: Back to School Edition





Back to School Tips for Families:
<a href="Mailto:Click here">Click here to visit HealthyChildren.Org</a>
<a href="Click here">Click here to visit the Child Mind Institute</a>

**Toolkit for Parents & Caregivers:** 

<u>Click here</u> for a Substance Abuse & Mental Health Service Tool Kit <u>Click here</u> for Mental Health America Tool Kit

#### **Quick Reads:**





#### **PARENTS**

Parents can have back to school anxiety too

Click here to read

#### KIDS GUIDE

6 genius strategies to help kids focus on homework

Click here to read

TEEN VOGUE
30 cute back to school supplies

to stock up on!

Click here to read



Parents

<u>Click Here</u> for 18 Back-to-School Quotes to get kids excited for class!

#### **Important Phone Numbers to Know:**

- South Oaks Hospital Admissions –631-608-5885
- Cohen Children's Medical Center Pediatric Behavioral
   Health Urgent Care 718-470-3148
- Cohen Children's Pediatric ED 718-470-3768
- RVC Behavioral Health Center –516-927-1630
- Mineola Behavioral Health Center -516-321-5770
- Commack Behavioral Health Center- 631-775-3280
- Long Island Crisis Center 516-679-1111
- Center for Hope 516-216-5194
- National Suicide Prevention Lifeline- call or text 988



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#### **Upcoming Education Opportunities**

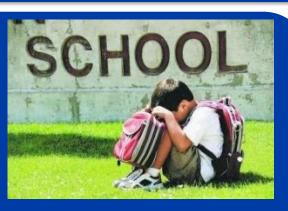
#### **School Avoidance Workshop**

School Mental Health Program is proud to provide an educational lunch and learn – **Tuesdays 12:00pm – 12:45pm** 

This series is for parents to learn about school avoidance with a focus on skills and strategies to support children.

#### This workshop will educate on:

- What is school avoidance?
- Who does school avoidance impact and why?
- Strategies to decrease school avoidance
- Where you can find additional resources



Click below to register for a session:

Session 1: 9/12, 9/19, 9/26, 10/3, 10/17, 10/24

**Session 2:** 10/31, 11/7, 11/14, 11/21, 11/28, 12/5

#### Behavioral Health

Back to School: Setting Up For a Successful School Year



Please join us on

September 21, 2023 at 12:30

PM for an interactive lunchand-learn session for parents and caregivers! Learn about how to arm your children with tips to create an easy transition back into the school year.





<u>Click here to register</u>, or scan the QR Code to the left!

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### Back to School

Homework Classmates Classroom Backpack Books Friends Glue Learning Markers Math Miss Julia Playground Reading **Paper** Pencils School School Bus Science Scissors Students

