

# School Mental Health Newsletter: October 2022



# ADHD AWARENESS MONTH



[CLICK HERE](#) to learn more about how to support someone in need of support.

Click below to learn more about Attention Deficit/Hyperactive Disorder (ADHD) and available resources:

[CHADD.org: Parenting a Child with ADHD](#)

[AACAP: Parent Medication Guide for ADHD](#)

[Child Mind Institute: Complete guide to ADHD](#)

[Expert Videos on ADHP](#)

#### 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

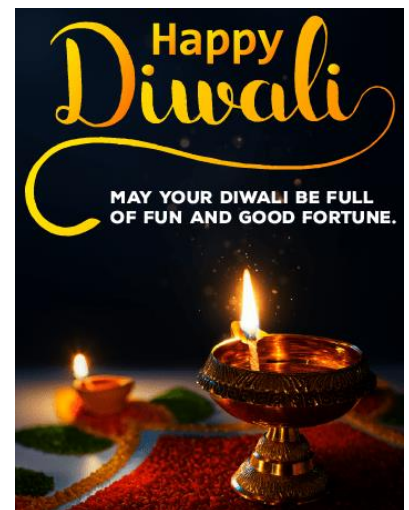
#### Quick Reads:



**Northwell: The Well**  
**How Common ADHD Tricks can help you Focus**  
[Click here](#) to read

**MHN**  
**Mentally Healthy Halloween & Safety Tips**  
[Click here](#) to read

**Northwell: The Well**  
**How to Pack a Healthy School Lunch with Less Stress**  
[Click here](#) to read



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## Upcoming Community Education Event: October & November

### Supporting Your Child's Healthy Screen Habits

#### **"Internet Use and Social Media"**

Two options to join this interactive lunch & learn!

**Tuesday October 4<sup>th</sup>, 2022 (12:30pm)**

**Thursday October 27<sup>th</sup>, 2022 (12:30pm)**

[Click here to register!](#)

Or use the QR Code:



#### Behavioral Health

### Supporting Your Child's Healthy Eating Habits



#### **"Supporting your Child's Health Eating Habits"**

**Date: Wednesday  
November 16<sup>th</sup>, 2022**

**Time: 7:00pm-8:00pm**

[Click here to Pre-register!](#)

Or use the QR Code:



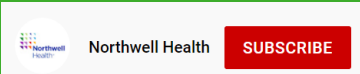
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## Visit our Youtube Library!

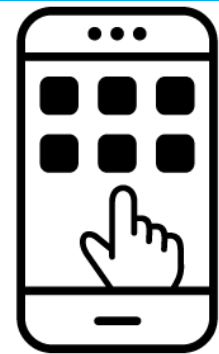


Community and Population Health - Behavioral Health



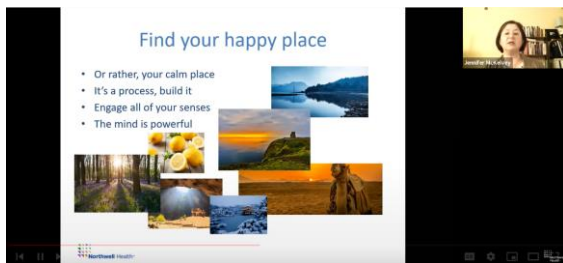
The School Mental Health Team offers **a wide range of recorded webinars on important mental health topics** to support parents and caregivers! You can find them on our Youtube channel by [clicking here](#)

Keep in touch!



Download the REMIND APP and follow: @NWH4School

### ICYMI: Self Care & Work Life Balance



### ICYMI: Parenting Children with Behavioral Issues

