

School Mental Health Newsletter: Back to School Edition



[Click Here](#) for 18 Back-to-School Quotes to get kids excited for class!

Back to School Tips for Families:

[Click here to visit HealthyChildren.Org](#)

[Click here to visit the Child Mind Institute](#)

Toolkit for Parents & Caregivers:

[Click here](#) for a Substance Abuse & Mental Health Service Tool Kit

[Click here](#) 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

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 lunch-and-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.



[Click here to register](#), or scan the QR Code to the left!

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Back to School

T U G E C G Q R L T W Z K S M W A H X M G Q P M
 J L G L N Q I X V O H U Y J K I I W F Z N X B S
 X H Z Z H P N R D G Q X Y B E O N E C J I J K W
 X N H A S R W D N J Y F L P N S O O P L N J L N
 J I T T U N O W U P L O O H C S D R W W R Q V O
 K W A F A K V U O A L Y H N Q J V M L X A F V E
 R V R C L M W O R Z Y N X D S C X C C L E G M M
 J H R O Y Z R N G B O O K S Z Z R F U H L A T F
 X N Q K N B O L Y N R U R K R S L I C N E P Y S
 B V Q S R E H C A E T I U J D E S K E I E T X L
 S P A P E R L S L L L N O E F N A C P M R A M T
 D T F C J M T X P X W R D T R C P T I R K I T E
 H O M E W O R K I P V C Y M I Q I M C S S Y U P
 G N Y I M A R K E R S U U Z E K V Y L S S R J N
 B O S E T A M S S A L C K J N C C U J Z J O E J
 R E R O S E Z Y A K S M S K D B U U Q P Y M R K
 E I T E G T G Q O A M I C J S Q L H T E O O O S
 A X B X D Q U M P E U A H A A I D E G O G A B W
 D N K J B T N D C D P N O M A O V H R Y G V U C
 I F W L T E L N E K D T O W J N W S D L H M P P
 N Y D E B H E U C N J R L G Y D S Y U Q K Z I E
 G E O R T I C A I H T R B I Z A Y E T P H R L U
 S I D U C X B G V P G S U X L O L P V H V J I V
 K U R S I C X K Y V Q O S C P H V V V K K P E K

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

