

# School Mental Health Newsletter: November 2021



## November is Gratitude Month!!



## Gratitude Resources:

Mindful.org. **How to practice gratitude**  
[Click here](#) for tips and resources

Forbes.com. **8 Ways to have more gratitude**  
[Click here](#) to read more

## In Case You Missed It!



**Northwell experts address  
back to school safety amid  
the pandemic**

[Click here](#) to view

**Panel of pediatric experts  
offer strategies to help kids  
develop healthy routines  
for the school year**

[Click here](#) to read more



[Click here](#) to discover a variety of resources and to learn more about Native American Heritage!

## Important Phone Numbers to Know:

- RVC Behavioral Health Center –516-927-1630
- Mineola Behavioral Health Center -516-321-5770
- South Oaks Hospital Admissions –631-608-5885
- Cohen Children’s Medical Center Pediatric Behavioral Health Urgent Care – 718-470-3148
- Cohen Children’s Medical Center Pediatric Emergency Department – 718-470-3768
- Long Island Crisis Center – 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline- 800-273-8255

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## Upcoming Community Education Events:



### Healthy Eating for a Healthy Body and Mind

**Date:** Tues. November 30,  
2021  
**Time:** 7 PM  
[Click here](#) to register

## Stay informed!



Interested in getting **text messages about upcoming programs?**  
**We now use Remind!** Please add us as a class in your existing account or create a new account by joining [here](#) or by searching [@NWH4School](#)

## Are you on social media?



If so, follow our news feed on Facebook for the last information, news and events. [Click here](#)

## Coping with the Effects of COVID-19

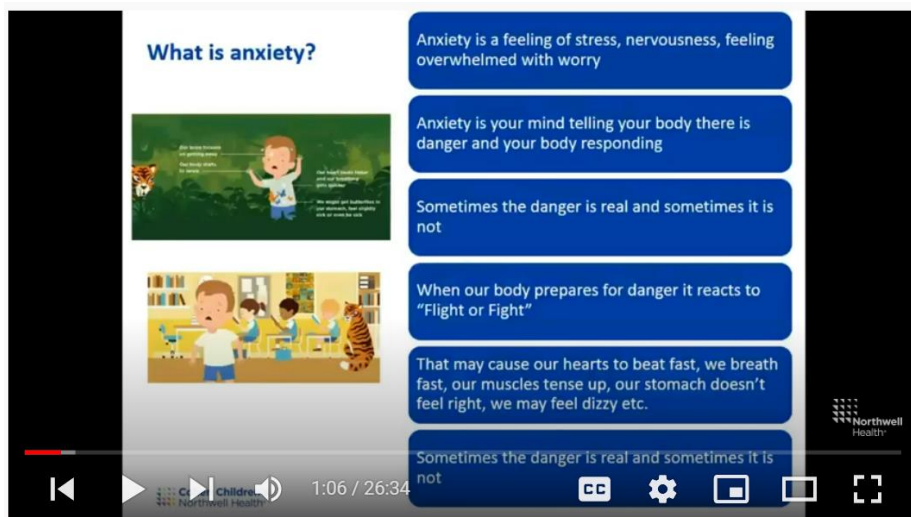


**Date:** Tuesday, December 21, 2021  
**Time:** 7 PM  
[Click here](#) to register

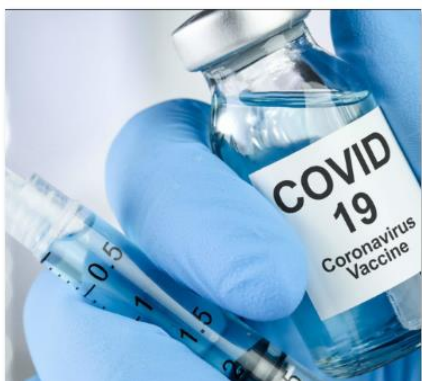
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## Previous Event Recordings:



[Click here to access our full video Library of event recordings](#)



**COVID-19 Vaccination Update**




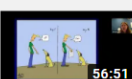
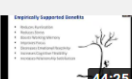

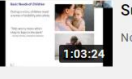
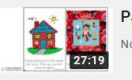
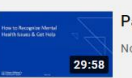

In case you missed it:

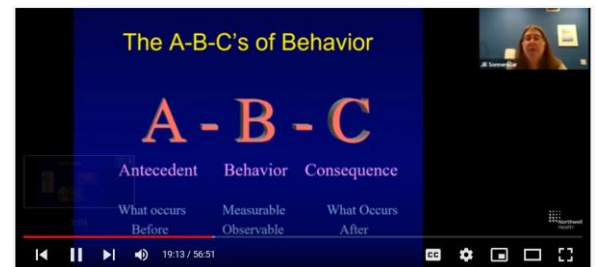
[Click here](#) to view our latest update on COVID-19 Vaccinations

- Katz Institute for Women's Health: Forums for Mothers of School-Aged Students**
- A Mother's Resilience: Caring for a Family**  
Learn how to balance the challenges of life with our OnTrack NY team *Please note this webinar was held on September 30<sup>th</sup>, 2021*  
[Click here to view this recording](#)
- Motherhood and Substance Abuse (\*Series for Mothers)**  
Learn from our substance use disorder experts about signs & symptoms of addiction, the impact on motherhood/families and available resources. *Please note this webinar was held on June 24<sup>th</sup>, 2021*  
[Click here to view this recording](#)
- Self-Care for Mothers - Managing Work-Life Balance (\*Series for Mothers)**  
Learn from our perinatal psychiatrist and psychologists about managing work life balance for moms. *Please note this webinar was held March 25<sup>th</sup>, 2021*  
[Click here to view this recording](#)


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-  **Managing Your Anxiety**  
Northwell Health  
26:35
-  **Bereavement and grief in families: How to talk to children about loss in the family?**  
Northwell Health  
54:56
-  **Talking to kids about Race, Racism, Antiracism**  
Northwell Health  
1:04:24
-  **Parenting Children with Behavioral Issues**  
Northwell Health  
56:51
-  **Mindfulness in Recovery**  
Northwell Health  
44:25
-  **Coping with the Aftermath of COVID 19**  
Northwell Health  
36:07
-  **Supporting Parents and School aged Children During Uncertain Times: A COVID 19 Information Session**  
Northwell Health  
1:03:24
-  **Parenting Children with Special Needs during the COVID Pandemic**  
Northwell Health  
27:19
-  **Parenting Teenagers during COVID 19**  
Northwell Health  
29:58
-  **Stress Management**  
Northwell Health  
29:34



## Community and Population Health - Behavioral Health

 **Northwell Health** [SUBSCRIBE](#)

For more information, please contact

[CCMCommunityOutreach@northwell.edu](mailto:CCMCommunityOutreach@northwell.edu)

Vera Feuer: [vfeuer@northwell.edu](mailto:vfeuer@northwell.edu)

Bradley Lewis: [blewis@northwell.edu](mailto:blewis@northwell.edu)

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