

School Mental Health Newsletter: JANUARY 2022



The School Mental Health Team hopes that you and your family had a safe and enjoyable holiday season! Sending you well wishes as we enter the new year.

Realistic New Year's Resolutions for Your Mental Health
[Click here](#) to explore tips to focusing on your mental health

Quick Reads:



The Well:

How music can sooth stress, anxiety and the soul

[Click here](#) to read

A parent's guide to kid's coughs

[Click here](#) to read

The parent-child connection is the most powerful mental health intervention known to mankind.

Bessel van der Kolk

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

In Case You Missed it: Healthy Sleep for Healthy Mind
(presented October 2021)
[Click here](#) to view this recording

**“START WHERE YOU ARE.
USE WHAT YOU HAVE.
DO WHAT YOU CAN.”**

– ARTHUR ASHE



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Community Education:



Medical and Mental Health Impact of COVID on Kids

Date:
Tuesday January 25th, 2022

Time:
7pm – 8pm

[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](#)

Unconscious Bias & its Impact on Youth

Date:
Tuesday February 15th, 2022

Time:
7pm – 8pm

[Click here](#) to register



Save the dates!

Addressing Stress & Trauma in Families – March 22nd
Substance Use in Children & Adolescents – April 26th
Erase the STIGMA – A Family Event – May 24th

For more information, please contact

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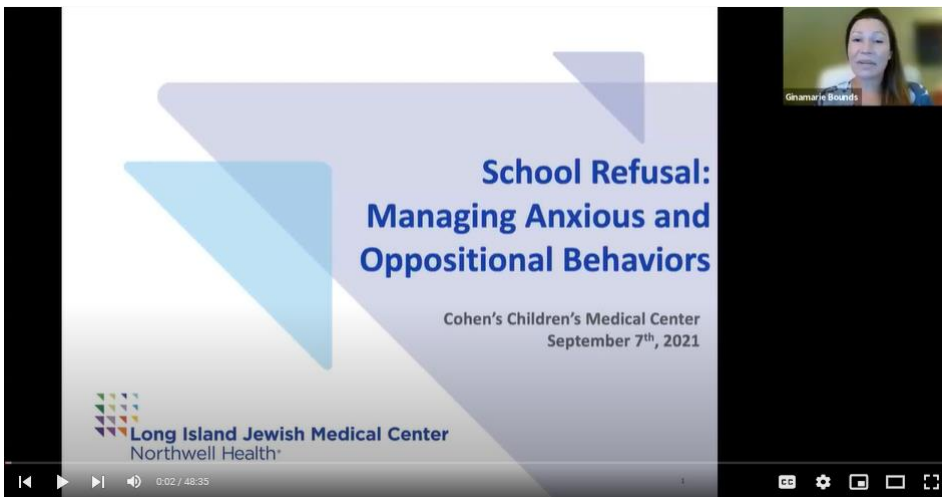
Bradley Lewis: blewis@northwell.edu

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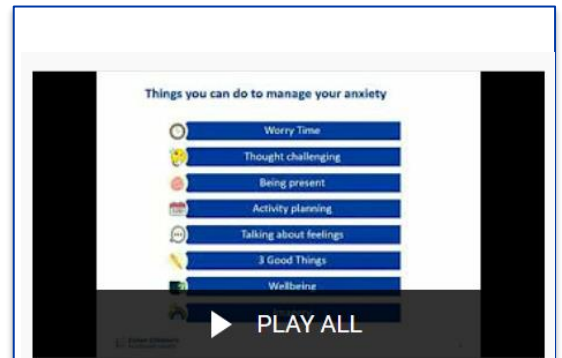
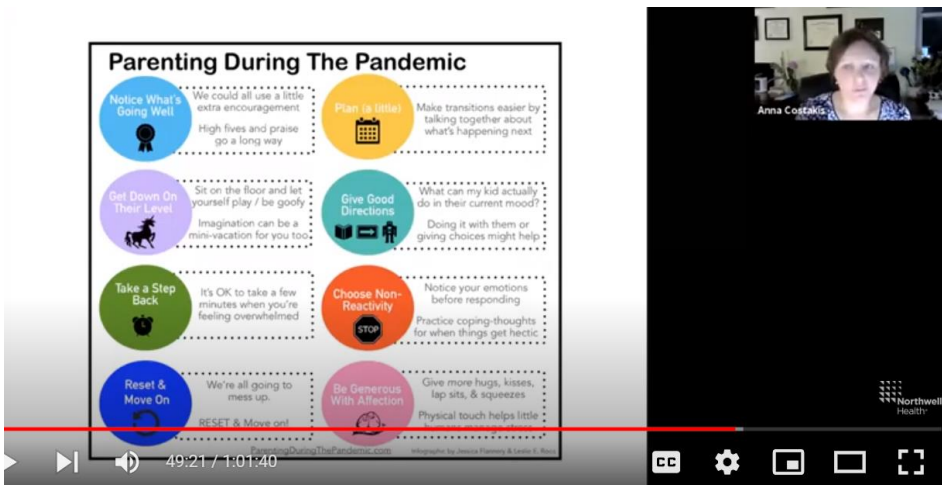


Additional Previous Recordings:

[Click here to view: School Refusal](#)



[Click here to view: Self Care & Work Life Balance](#)



Community and Population Health - Behavioral Health



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