

# School Mental Health Newsletter: MAY 2023



## Children's Mental Health AWARENESS WEEK

[click here](#) to learn more about the history from the Substance Abuse and Mental Health Service Administration (SAMHSA).

**Learn more about Mental Health Conditions:**  
[Click Here](#) to read! - The National Alliance on Mental Illness (NAMI)

**Learn more about Mental Health Warning Signs:**  
[Click Here](#) to read! - The National Alliance on Mental Illness (NAMI)

**Mental Health Myths and Facts – Test your knowledge!**  
[Click Here](#) to read! - Substance Abuse and Mental Health Service Administration (SAMHSA)

**Mental Health Basics**  
[Click HERE](#) to read! - The Center for Disease Control (CDC)

### 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**  
**Navigating through the “Tween” years**

[Click here](#) to read

**Northwell: The Well**  
**Clearing up confusion about allergies**

[Click here](#) to read



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## Upcoming Community Education Events

### School Avoidance Workshops

This workshop will educate on:

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

**Tuesdays**  
12pm – 12:45pm  
5/2, 5/9, 5/16, 5/23

To Register,  
scan the QR  
Code >>>>  
Or  
[CLICK HERE!](#)



### Behavioral Health

### Erase the Stigma A Family Event



Please join us during Mental Health Awareness Month for an interactive and fun event to learn about and erase the stigma around mental health. We encourage parents and their children to join together for this engaging and interactive education session and to celebrate the winners of our 2023 Erase the Stigma Art Competition.

#### Erase the Stigma-A Family Event

Date: May 25<sup>th</sup>, 2023

Time: 7:00 PM

#### Registration:

[Click here](#) to register or scan the QR Code below using the camera app on your phone.



In case you missed it!

### “Managing Sibling Relationships”

[Click here to view](#)



**Northwell  
Health®**



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### School Mental Health Erase the Stigma Creative Art Contest

The Northwell School Mental Health Erase the Stigma Creative Art Contest is accepting entries across all age groups for original artwork and photography to be featured on inspirational cards.

The contest aims to bring attention to **Mental Health Awareness Month in May** and help fight mental health stigma. This year's theme is **"Be Kind to Your Mind."** Through this art contest, we hope to highlight mental health as an essential part of overall health and provide a creative space in which students may share their voice.

The artwork will be judged on originality, creativity and how well it expresses the contest theme. Winners from each age group will receive prizes and have their work displayed and produced for utilization by the schools and Cohen Children's Medical Center.

**The submission deadline is May 15<sup>th</sup>, 2023**

To submit an entry and read contest guidelines, scan the **QR code** below or visit <https://redcap.link/ETS2023>



**ORIGINAL Artwork and Photos** MUST be an original artwork that combines drawing, pictures, photography (and words if you wish) to express the contest theme.

- Materials used may include pencil, ink, charcoal, crayon, markers, pastel, paint, mixed media, collage, graphic design or similar 2D media.
- Scanning your physical artwork (a painting, drawing, etc.) will give us the best image quality. If you don't have access to a scanner, it's okay to take a picture of it (just make sure the room is well lit and the photo is not blurry).
- Please submit your photo in a high-resolution format.
- Please include a description with your artwork.
- Artwork cannot show depictions of nudity, blood, or violence.
- Photos cannot show a person's face and/or a depiction of nudity or violence.

#### Age Groups:

- Elementary School (PK-5)
- Middle School (6-8)
- High School (9-12)

#### Prizes:

Amazon Gift Cards and other surprises  
3 winners from each age group

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# FLASHBACK



Looking back at our 2022 Mental Health Month Art Competitions submission!!