

# School Mental Health Newsletter: MAY 2024



## Children's Mental Health AWARENESS WEEK



### Quick Reads:



**Northwell**  
Health®

### Click to explore!

**Child Mind Institute** - Resources to support children's mental health and well being

**American Academy of Child & Adolescent Psychiatry (AACAP)**  
Facts for families and helpful resources

**Substance Abuse and Mental Health Services Administration (SAMHSA)** - Resources for families coping with mental health and substance use disorders

**988 Suicide & Crisis Lifeline** - Explore helpful resources for Black, Native American, Alaska Natives mental health, Maternal mental health, Veteran services, loss survivors, LGBTQI+ and other topics

**National Alliance on Mental Health (NAMI)**  
Explore the nation's largest grassroots mental health organization.

**The Well**  
**Could having a pet improve your health?**  
[Click here](#) to read

**SAMHSA**  
**Mental health awareness month is a time for self-care**  
[Click here](#) to read

**CDC**  
**Mental health basics**  
[Click here](#) to read

# TEACHER APPRECIATION WEEK

Thinking about giving your child's teacher a "thank you" this teacher appreciation week? [Click here](#) for ideas!

### 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

Northwell Health **Walk** Presented by: **Bethpage** Federal Credit Union

Walk With Us



Fundraise



Donate



**Thousands of Walkers. Five Walk Locations. One Lifesaving Community.**

[Click HERE](#) to learn more about how you can participate in this year's event.

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### 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.**

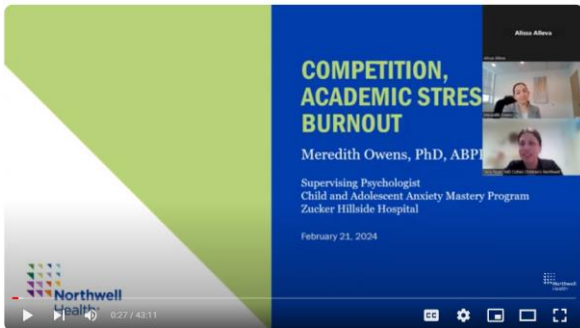
This workshop will educate on:

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

[Click here](#) to register for one or all sessions:

**Session 5: 5/7, 5/14, 5/21**

**In Case You Missed It!** Click to view the below Webinar:



Competition, Academic Stress, and Burnout



**Raising Confident, Emotionally Health Kids**

**Date: Thursday May 16th, 2024 at 12:30pm**

[CLICK HERE](#) to register

**Health Starts at Home: A Cohen's Children's Medical Center Series for Parents, Guardians & Caregivers**



**Navigating Conversations on Puberty, Consent & Sexual Health**

**Date: Thursday, May 14th, 2024**

**Time: 6:00 PM – 7:00 PM**

**Format: Virtual**

[Click here](#) to register for the above virtual educational sessions or scan the code above



# School Mental Health Newsletter:

## MAY 2024



# Last Call

### Cohen Children’s Medical Center: Health Starts at Home Series

Format: Virtual  
Time: 6pm-7pm



5/14/24 Having “The Talk: Discussing Puberty”

### Northwell School Mental Health: Community Education Lunch & Learn Series

Format: Virtual  
Time: 12:30pm – 1:30pm

5/16/24 [Raising emotionally health kids](#)

### School Refusal Workshops for Parents

Format: Virtual  
Time: 12:00pm – 12:45pm

[Session 5: \(click here\)](#)

5/7, 5/14, 5/21

April 2024							May 2024							June 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6	28	29	30	1	2	3	4	26	27	28	29	30	31	1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30	1	2	3	4	26	27	28	29	30	31	1	23	24	25	26	27	28	29
														30	1	2	3	4	5	6

July 2024							August 2024							September 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
30	1	2	3	4	5	6	28	29	30	31	1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31	1	2	3	25	26	27	28	29	30	31	29	30	1	2	3	4	5

October 2024							November 2024							December 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
29	30	1	2	3	4	5	27	28	29	30	31	1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31	1	2	24	25	26	27	28	29	30	29	30	31	1	2	3	4