

School Mental Health Newsletter: November 2022



[CLICK HERE](#)

to learn more about
**Transgender
awareness week.**

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
Revamped recipes for
Thanksgiving Leftovers
[Click here](#) to read

Northwell: The Well
5 Things to Know about
Transgender Healthcare
[Click here](#) to read

Northwell: The Well
Its time to do more for our
Veterans
[Click here](#) to read



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Upcoming Community Education Event: October & November

Behavioral Health

Supporting Your Child's Healthy Eating Habits

[Click here to Register!](#)
Or use the QR Code:



"Supporting your Child's Health Eating Habits"

Date: Wednesday
November 16th, 2022

Time: 7:00pm-8:00pm



Cohen Children's Medical Center's School Mental Health Program is proud to provide a 6-week educational lunch and learn workshop series 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

The workshop is a 6-week program, on Tuesdays at 12:00-12:45pm on the following dates: 12/6, 12/13, 12/20, 12/27, 1/3 and 1/10.

[Click here to Register](#) or use the QR Code above!



In Case You Missed It!

Highlights from our Social Media Presentation in October:

-On average, youth 8-18 spend 7.5 hours in front of a screen for entertainment every day.

-Be thoughtful about media use for everyone. Take family breaks: set aside screen-free time and activities.

-The most effective management tool is involved and engaged parenting.

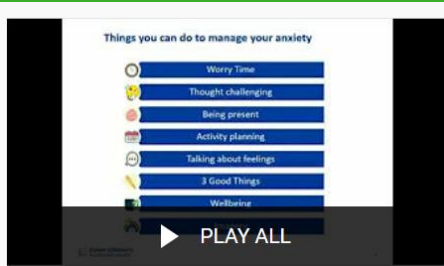


"On the Internet, nobody knows you're a dog."

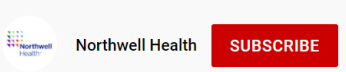
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Visit our Youtube Library!

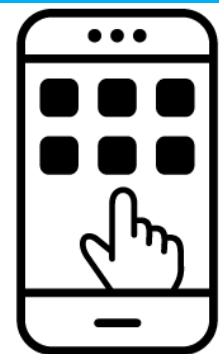


Community and Population Health - Behavioral Health



The School Mental Health Team offers **a wide range of recorded webinars on important mental health topics** to support parents and caregivers! You can find them on our Youtube channel by [clicking here](#)

Keep in touch!



 remind

Download the REMIND APP
and follow: @NWH4School