



GCCSD Mental Health Resources

ACADEMIC ASSISTANCE

Extra Practice:

Vocabulary Spelling City
Cool Math
Castle Learning
Quizlet
IXL Learning

Help with Homework:

Khan Academy

Career and College Exploration:

NY Career Zone

ADDITIONAL RESOURCES FOR PARENTS

Nassau County Mental Health Resources
Talking to Your Child About Social/Emotional Issues
Responding to Children's Emotional Needs During Times of Crisis
Caring For Kids
How to Support Children with Worries
Building Resilience in Children
Mindfulness Apps to Keep Calm During a Crisis
Developing Your Self-Care Plan
New York State School Social Workers Association
Mindfulness and Calming Resources

SOCIAL/EMOTIONAL RESOURCES

Internet Safety:

Safe Kids
NetSmartz
Common Sense Media
OnGuard Online
iKeep Safe
Connect Safely
Get Net Wise
Stay Safe Online
Cyber Bully 411
Net Family News

Bereavement:

NYL Grief Guide - Coping with the Loss of a Loved One
The Do's and Don'ts of Talking with a Child about Death

Suicide Prevention:

Teens and Suicide: What Parents Should Know
Suicide Prevention Lifeline
Long Island Crisis Center

Divorced/Separated Families:

Family TLC - Helping Kids Deal with Divorce
NYS Parent Education and Awareness Program

EMERGENCY CONTACT NUMBERS

Nassau County Mobile Crisis Helpline: 516-227-TALK (8255)

Nassau County Safe Center Hotline: 516-542-0404

Nassau University Medical Center Crisis Stabilization Center: 516-572-4775

Maryhaven Center of Hope - New Hope: 516-546-7070 Option 3

Single Point of Access (SPOA) for Care Coordination: 516-227-7057

Intensive In-Home Services for Family and Children:

South Shore Child Guidance Center: 516-868-3030

Crisis Respite Residential Services for Children:

Mental Health Association of Nassau County: 516-489-0100 Ext. 1318

Sagamore Children's Center: 631-370-1701

Pediatric Behavioral Health Urgent Care Center:

Cohen Children's Medical Center (ages 5-17) Northwell Health: 917-480-4495

Suicide Prevention:

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

National Hopeline Network: 1-800-SUICIDE (784-2433)

Long Island Crisis Center: 516-679-1111

Counseling Services:

Central Nassau Guidance & Counseling Services: 516-822-6111

Hispanic Counseling Center Hempstead: 516-538-2613

Family and Children's Association: 516-485-5914

North Shore Child and Family Guidance Center: 516-626-1971

Long Island Families Together (LIFT): 631-264-5438

National Alliance on Mental Illness (NAMI): 516-326-0797

Child Protective Services:

24 hrs. Hotline: 1-800-342-3720 - Mandated Reporter Hotline: 1-800-635-1520

Substance Abuse:

Nassau County A.A. Hotline: 516-292-3040

NUNassau County A.A. Hotline: 516-292-3040

MC Chemical Dependency Detoxification (DETOX) Unit: (516) 572 -6394

NUMC Inpatient Rehabilitation: (516) 572 -9402

Nassau County Opioid Treatment Program East Meadow: (516) 572-5801

Zucker-Hillside Opioid Treatment Program-Northwell Health Glen Oaks: (516) 470-8940

COPAY Inc. Great Neck: (516) 466-2509

Port Washington Counseling: (516) 767-1133

Mercy Medical Center Garden City: (516) 705-3400

Mineola Community Treatment Center-Northwell Health Mineola: (516) 742-4015

Nassau County Opioid Treatment Program East Meadow: (516) 572-5801

Seafield Treatment Center Manhasset: (516) 812-9944