

School Mental Health Newsletter: MARCH 2023



Spring cleaning for your mental health

[Click HERE](#) to read

5 ways to boost your mental health for the spring!

[Click HERE](#) to read



February is “Women’s History Month” [click here](#) for 36 ways to celebrate!

SOCIAL WORK BREAKS BARRIERS

March is SOCIAL WORK MONTH! [Click Here](#) to learn more about where it all started!

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
The Daylight Savings Time Slump!

[Click here](#) to read

Northwell: The Well
How Exercise Can Make You Happy

[Click here](#) to read



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Upcoming Community Education Events



Promoting Positive Sibling Relationships

[Click HERE](#) to register for 3/8/23 (7-8pm)

[Click HERE](#) to register for 3/29/23 (12:30pm-1:30pm)

Topic: School Avoidance

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?

The workshop is a 6-week program on Tuesdays at 12pm- 12:45pm
Dates: 3/7, 3/14, 3/21, 3/28



[Click here to Register](#) or scan the QR Code

Competition, Academic Stress & Burnout



[Click HERE](#) to register for 4/19 (7-8pm)

[Click HERE](#) to register for 4/27 (12:30pm-1:30pm)



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PARENTING ADVICE FROM AN EXPERT: RAISING MY SCHOOL AGED CHILD (5-8 YEARS OLD)



with Dr. Victor Fornari

[Click HERE](#) to
access this
video



Kids in the Kitchen

Looking to eat healthier as a family? Do you have a child who loves to cook? [Click HERE](#) to register for a family cook along program, in honor of National Nutrition Month.



Community and Population
Health - Behavioral Health

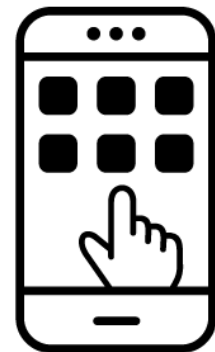


Northwell Health

SUBSCRIBE

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



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