

# Supporting Mental Health & Wellness

## ✓ Self-Care Strategies

Practice self-care with your child or children like adequate sleep, proper hygiene and nutrition. In addition, encourage positive coping skills like movement or music to help with difficult emotions and experiences.

## ✓ Social Connections

Support social connections both online and in person. A child's social network should include both peers and trusted adults.

## ✓ Professional Help

Scan the QR code on the back for more parent and family resources. In addition, please contact our PPS staff to learn more about building level support.



## Emergency Help

National Suicide Prevention Lifeline  
**988**

DASH  
(Diagnostic, Assessment, and Stabilization Hub)  
**631-952-3333**

National Domestic Violence Hotline  
**800-799- SAFE (7233)**

Rape Crisis/Victims Hotline  
**(631) 332-9234**



Scan above for more Parent and Family resources

# S.T.R.I.D.E.S.

## Wellness Program

Sayville Public Schools is a district that partners with the community and its families to help children

- Appreciate differences and show empathy for others, thereby, developing positive relationships
- Identify and solve problems through effective communication
- Build healthy self-esteem, resilience and coping skills
- Set realistic and individualized goals for success





## Local Resources

### Family Service League

Mental Health Clinic, Mobile Crisis Unit,  
Parent to Parent Program  
790 Park Avenue  
Huntington, NY 11743  
[631-427-3700](tel:631-427-3700)  
[restorehope@fsl-li.org](mailto:restorehope@fsl-li.org)

### Neighborhood House

Provides support groups to individuals and families struggling in the aftermath of traumatic loss so that they can grieve at their own pace.  
132 Clyde Street, Suite 1B  
West Sayville, NY 11796  
(631) 589-0055

### LICAB

Long Island Coalition Against Bullying  
(516)777-7709  
<https://www.licab.org>

### Crime Victims Center

Crime Victim Support Services. Prevention Education, and Megan's Law Community and Law Enforcement Support Services.  
100 Comac St,  
Ronkonkoma, NY 11779  
631-689-2672

## S.T.R.I.D.E.S. Characteristics

These seven essential traits have been identified by a cohort of stakeholders to support students' growth, development, and overall success. Students in grades PreK-5 receive monthly lessons on these characteristics.

- ⚡ Self-esteem
- ⚡ Trust
- ⚡ Resilience
- ⚡ Independence
- ⚡ Diversity
- ⚡ Empathy
- ⚡ Strength



## Building Support



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