

# School Mental Health Newsletter: FEBRUARY 2022



The School Mental Health Team encourages you to spread love the Northwell way! Collectively, we are **#TrulyTogether**. Click here to learn more about **American Heart Month**.

For access to social media resources, fact sheets and literature to encourage others to practice self-care, Please [click here](#)

## Quick Reads:



**The Well:**  
**A new approach to managing anxiety**  
[Click here](#) to read

**Exercise doesn't have to take your breath away**  
[Click here](#) to read

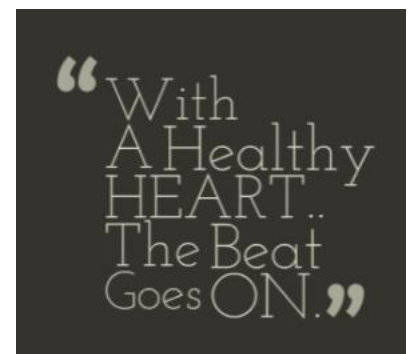
**NEW: 20 Minute Health Talk PODCAST featuring Dr. Vera Feuer**  
[Click here](#) to listen to this helpful discussion!



February is also Black History Month!  
[Click here](#) to learn more.

## Important Phone Numbers to Know:

- RVC Behavioral Health Center –516-927-1630
- Mineola Behavioral Health Center -516-321-5770
- South Oaks Hospital Admissions –631-608-5885
- Cohen Children's Medical Center Pediatric Behavioral Health Urgent Care – 718-470-3148
- Cohen Children's Medical Center Pediatric Emergency Department – 718-470-3768
- Long Island Crisis Center – 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline- 800-273-8255



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## Community Education & Events:



### Unconscious Bias & its Impact on Youth

Date:  
Tuesday February 15<sup>th</sup>, 2022

Time:  
7pm – 8pm

[Click here](#) to register



### Stay informed!

Interested in getting text messages about upcoming programs?

We now use **Remind!** Please add us as a class in your existing account or create a new account by joining [here](#) or by searching: **@NWH4School**

### Addressing Stress & Trauma in Families

Date:  
Tuesday March 22<sup>nd</sup>, 2022

Time:  
7pm – 8pm

[Click here](#) to register



### Kids in the Kitchen – A Family Heart Healthy Cooking Event



Date: Wednesday February 23<sup>rd</sup>, 2022

Time: 11am-12pm

[Click here](#) to register!

### Early Registration:

Substance Use in Children & Adolescents – April 26<sup>th</sup>  
[Click here](#) to sign up

For more information, please contact

[CCMCCCommunityOutreach@northwell.edu](mailto:CCMCCCommunityOutreach@northwell.edu)

Vera Feuer: [vfeuer@northwell.edu](mailto:vfeuer@northwell.edu)

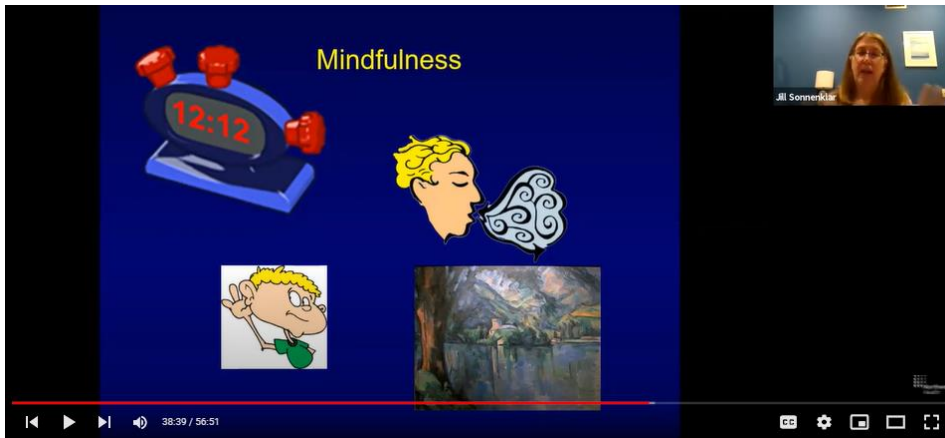
Bradley Lewis: [blewis@northwell.edu](mailto:blewis@northwell.edu)

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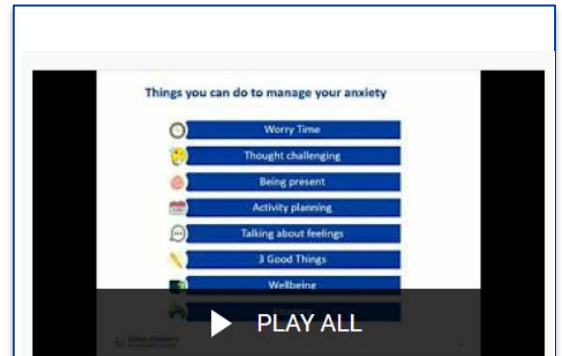


## Additional Previous Recordings:

[Click here to view: Parenting Children with Behavior Issues](#)



[Click here to view: Self Care & Work Life Balance](#)



## Community and Population Health - Behavioral Health



Northwell Health

**SUBSCRIBE**

- 1 **Managing Your Anxiety**  
Northwell Health
- 2 **Bereavement and grief in families: How to talk to children about loss in the family?**  
Northwell Health
- 3 **Parenting Children with Behavioral Issues**  
Northwell Health
- 4 **Mindfulness in Recovery**  
Northwell Health
- 5 **Coping with the Aftermath of COVID 19**  
Northwell Health
- 6 **Supporting Parents and School aged Children During Uncertain Times: A COVID 19 Information Session**  
Northwell Health
- 7 **Parenting Children with Special Needs during the COVID Pandemic**  
Northwell Health
- 8 **Parenting Teenagers during COVID 19**  
Northwell Health
- 9 **Stress Management**  
Northwell Health
- 10 **Managing Stress: Guided Meditation and Other Strategies**  
Northwell Health
- Alcohol and Drug use during the COVID 19 Pandemic**

[Click here to access our full video Library of event recordings](#)