

School Mental Health Newsletter:

September 2021



According to the World Health Organization (WHO), over 700,000 people die from suicide annually; many more have made unsuccessful suicide attempts. Suicide is the 2nd leading cause of death for preadolescent children ages 10-14, and also amongst adolescents and young adults ages 15-24 (The National Institute of Mental Health). The September School Mental Health Newsletter is dedicated to providing resources in an effort to promote suicide prevention.

Important dates to know:

September 5 - 11, 2021 is **National Suicide Prevention Week**
September 10th, 2021 is **World Suicide Prevention Day**

In light of Suicide Prevention Month, consider the options below to #BeThere for someone who might be struggling or in crisis:

- Check in with a friend by phone or text message to see how they are doing.
- Invite a friend to meet for a physically-distanced coffee or meal together.
- Send a handwritten card to let someone know you are thinking of them.
- Help connect someone who is struggling to professional care.
- Learn the [risk factors](#) and [warning signs](#).
- Share the National Suicide Prevention Lifeline Number (800-273-8255), which provides 24/7, free, and confidential support. For specialized care, military veterans may press '1.'

Quick Reads:

The Well: Suicidal Thoughts in Kids: A Parent's Nightmare
Click [here](#) to read

The Well: Could Your Teen Be Depressed?
Click [here](#) to read



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:



In case you missed it: **Back to School Workshop Series for Parents – Watch the Videos!**

Cohen Children's Medical Center, South Oaks Hospital and Zucker Hillside Hospital partnered to provide a workshop series for parents on school refusal to help prepare their children's return to school this fall.

[Click here](#) to view Session 1: **School Refusal Intro**

[Click here](#) to view Session 2: **School Refusal/Anxiety**

[Click here](#) to view Session 3: **Oppositional Behavior**

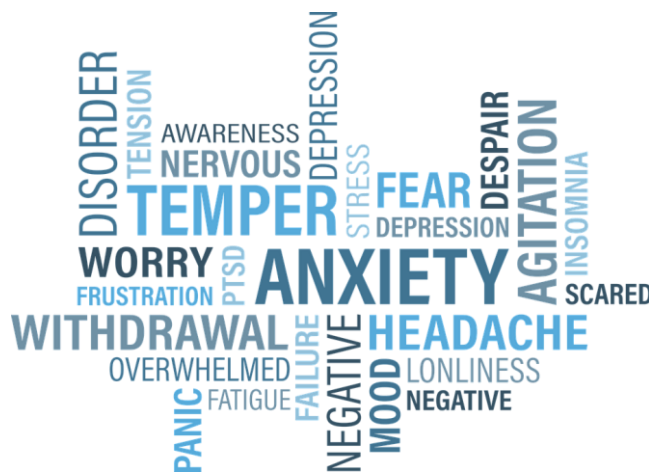
Managing Anxiety in an Anxious World

Join Northwell experts in a conversation on tips to manage anxiety

Date: Tuesday
September 28th,
2021

Time: 7pm – 8pm

[Click here](#) to
register today!



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Back to School in Good Health

Start the school year off on the right foot with a healthy routine. Our dynamic panel of pediatricians will discuss ways you can support your child transition back into the new school year in good health. Recommendations for sleep and health hygiene, food choices, and mental well-being will be all discussed, as well as the latest information on the COVID-19 vaccination for children.

Date: Thursday September 23rd, 2021

Time: 5pm – 6pm

[Click here](#) to register now!



Supporting the needs of a family - A Mother's Resilience

Date: Thursday September 30th, 2021

Time: 7pm – 8pm

[Click here](#) to register now!

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Community Education: Early Bird Registration!



Healthy Sleep for a Healthy Mind

Date: Tuesday, October 26, 2021

Time: 7 PM

[Click here](#) to register.

Healthy Eating for a Healthy Body and Mind

Date: Tuesday, November 30, 2021

Time: 7 PM

[Click here](#) to register.

Coping with COVID

Date: Tuesday, December 21, 2021

Time: 7 PM

[Click here](#) to register.

FAQs:

Is registration required to join the webinars?

Yes. Registration is required for each webinar.

Where is the link to join the webinar?

The link will be sent to you by Zoom after you register for each webinar.



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@NWH4School

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facebook

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[Click here](#)

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Previous Event Recordings:

Bereavement and grief in families: How to talk to children about loss?

Learn about bereavement and grief in families and how to talk to children about loss in the family with Cohen Children's Medical Center – Center for H.O.P.E. experts

[Click here to view this recording](#)

Talking to kids about Race, Racism, Antiracism

Learn from our child psychiatrists about how to talk to kids about race, racism, antiracism. *Please note this webinar was held on March 23, 2021*

[Click here to view this recording](#)

Self-Care for Mothers - Managing Work-Life Balance (*Series for Mothers)

Learn from our perinatal psychiatrist and psychologists about managing work life balance for moms. *Please note this webinar was held March 25th, 2021*

[Click here to view this recording](#)

Parenting kids with behavioral issues

Learn more about parenting tips to help children with behavioral issues with Jill Sonnenklar, Ph.D. *Please note this webinar was held on April 27, 2021*

[Click here to view this recording](#)

Youth Suicide – what can we do to prevent it? What can we do when it happens?

Listen to our child psychiatry experts as they discuss how to talk to children about suicide, how to help prevent it and what to do when it happens in our community.

Please note this webinar was held on May 25th, 2021

[Click here to view this recording](#)

Motherhood and Substance Abuse (*Series for Mothers)

Learn from our substance use disorder experts about signs & symptoms of addiction, the impact on motherhood/families and available resources. *Please note this webinar was held on June 24th, 2021*

[Click here to view this recording](#)



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For more information, please contact

CCMCCCommunityOutreach@northwell.edu

Vera Feuer: vfeuer@northwell.edu

Bradley Lewis: blewis@northwell.edu

