

School Mental Health Newsletter:

October 2022

ADHD

AWARENESS MONTH



[CLICK HERE](#) to learn more about how to support someone in need of support.

[CHADD.org: Parenting a Child with ADHD](https://chadd.org/)

[AACAP: Parent Medication Guide for ADHD](#)

[Child Mind Institute: Complete guide to ADHD](#)

[Expert Videos on ADHP](#)

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

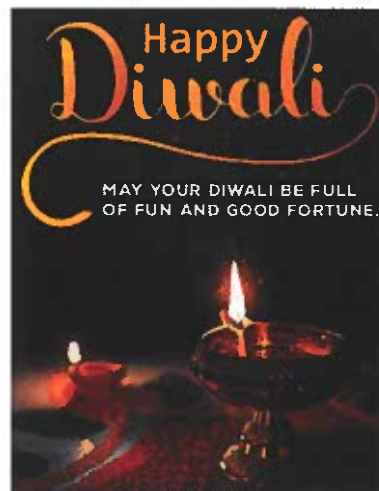
Quick Reads:



Northwell: The Well
How Common ADHD Tricks can help you Focus
[Click here](#) to read

MHN
Mentally Healthy Halloween & Safety Tips
[Click here](#) to read

Northwell: The Well
How to Pack a Healthy School Lunch with Less Stress
[Click here](#) to read

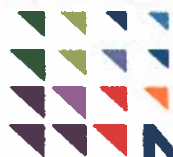


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OCT 21 2022

DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS

Signature
10/21/2022



Northwell
Health®

This is not a Half Hollow Hills
School District sponsored or
endorsed activity

School Mental Health Newsletter: October 2022



Upcoming Community Education Event: October & November

Supporting Your Child's Healthy Screen Habits

"Internet Use and Social Media"

Two options to join this interactive lunch & learn!

Tuesday October 4th, 2022 (12:30pm)

Thursday October 27th, 2022 (12:30pm)

[Click here to
register!](#)

Or use the QR Code:



Behavioral Health

Supporting Your Child's Healthy Eating Habits



"Supporting your Child's Health Eating Habits"

**Date: Wednesday
November 16th, 2022**

Time: 7:00pm-8:00pm

[Click here to Pre-register!](#)

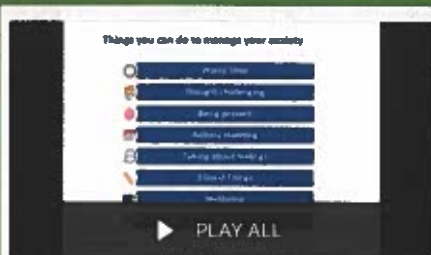
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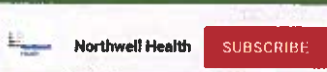
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Visit our Youtube Library!

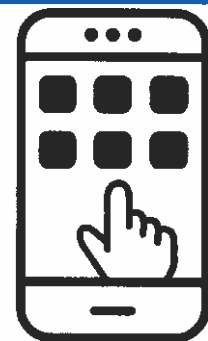


Community and Population
Health - Behavioral Health



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](#)

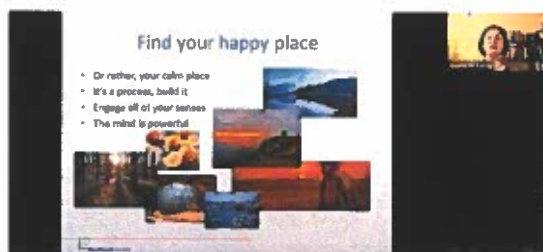
Keep in touch!



remind

Download the REMIND APP
and follow: @NWH4School

ICYMI: Self Care & Work Life Balance



ICYMI: Parenting Children with Behavioral Issues

