

## Garden City School District

This is a very difficult time for everyone. The Garden City School District wants to continue to support you, your children, and your families. We understand that there may be worry, fear, anxiety, loneliness, and other emotions that you and your children are grappling with during this time of uncertainty. As the Garden City Community faces the changes and challenges that have resulted from COVID-19, the Mental Health staff in the district is here for you. Please contact any one of us if you or your child needs resources or support during this time.

\*Herrick School District had put together the following list of resources and was kind enough to share it with us.

### **Resources on How to Support Your Child (and Yourself!)**

There are many resources online that offer suggestions on how to talk to your children about COVID-19. When speaking to your children, please be mindful of your children's ages/developmental levels, experiences with personal/familial health problems, experiences with death and their present mental health status. We recommend the following resources. Please refer to the links below:

#### **National Association of School Psychologists**

##### **Helping Children Cope With Changes Resulting From COVID-19**

Information is provided in multiple languages.

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

#### **How to Talk to Your Kids About Coronavirus:**

<https://schoolsocialwork.net/how-to-talk-to-your-kids-about-coronavirus/>

#### **Child Mind Institute:** Daily newsletter with tips

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

<https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/>

<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

<https://childmind.org/article/how-mindfulness-can-help-during-covid-19>

#### **The New York Times Parenting Section:**

<https://www.nytimes.com/spotlight/parenting-kids-coronavirus>

**Greater Good Science Center at UC Berkeley.** [Greater Good's Guide to Well-Being During...](#)

**National Alliance on Mental Illness (NAMI):** Information on COVID-19 and Mental Health Support <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

## **Yoga, Mindfulness and Coping Strategies**

### **Yoga**

- At list of links to guided Yoga and Mindfulness classes and resources  
[https://kirawilley.com/resources?fbclid=IwAR0wQNxmzgWjOIOwRGEy\\_ni62DwpY28cgL\\_QiX2uPc8QpIhGZONcPHe95w](https://kirawilley.com/resources?fbclid=IwAR0wQNxmzgWjOIOwRGEy_ni62DwpY28cgL_QiX2uPc8QpIhGZONcPHe95w)
- MindfulTurtle.com is offering free zoom yoga classes to Hospital Workers

### **Mindfulness**

- <https://www.mindful.org/how-to-stop-breathe-listen-and-connect-during-the-covid-outbreak/>
- <https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/> A link to several guided meditations and recommended reading on mindfulness
- <https://www.mindful.org/create-space-between-you-and-your-anxiety/> Meditation on Managing Anxiety
- <https://www.mindful.org/a-mindful-breath-counting-practice-for-teens-and-tweens/>

### **Calm.com: Website/App with Links to Meditations**

- [https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult\\_times\\_nonsubs\\_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720)

### **Zensational Kids Parent Support**

- [https://zensationalkids.com/mindful-tools-call/?fbclid=IwAR1X-qpmSwn7SR6HuRUMaZ1jOTmsr\\_EdwAcXyEEaEod24k2cpsVNCqL1V-4](https://zensationalkids.com/mindful-tools-call/?fbclid=IwAR1X-qpmSwn7SR6HuRUMaZ1jOTmsr_EdwAcXyEEaEod24k2cpsVNCqL1V-4)

## **Mental Health Resources:**

School Mental Health and Training Center - Resources for both Parents and Students  
<https://www.mentalhealthdnys.org/>

### **Community Resources, Mental Health Hotlines, and Crisis Centers:**

- Long Island Crisis Center - 516-679-1111
- National Suicide Hotline- 1-800-273-8255
- New York State Free Mental Health Services - 844-863-9314
- Nassau County Mental Health Helpline /Crisis Center- 516-227-TALK (8255)
- United Way- COVID-19 Community Economic Relief Fund- 866-211-9966- Provides assistance with bills, rent, and food.
- Long Island Cares Food Local Pantry List - 631-582-3663 EXT. 109 (*Can do home delivery*) <https://www.licares.org/find-help/food-locator/>

- Northwell Pediatric Behavioral Urgent Care - 718-470-3148  
<https://childrenshospital.northwell.edu/departments-services/pediatric-emergency-medicine/programs-services/pediatric-behavioral-health-urgent-care-center>

**\*\*If you feel that your child is in danger or is at risk of harming themselves or others, contact the Long Island Crisis Center, Northwell Pediatric Behavioral Urgent Care or the police immediately\*\***

### Offering Telehealth Sessions

- YES Community Counseling Center - <http://yesccc.org/> - 516-799-3203
- JCorea Counseling Center - <https://jcoreacounseling.com/> - 516-280-7285
- Perspectives Counseling Center - 516- 469-3495
- Long Island Cognitive Behavioral Psychology - <https://li-cbp.com/> - 631-896-9216
- Psychological Health Collaborative [www.psychhealthpartners.com](http://www.psychhealthpartners.com) - 516-466-253
- Mindful Therapy - <https://www.mindfultherapyli.com/> - 631-486-7788
- LEDDY Clinical Counseling Services - <http://leddyclinicalcounseling.com/>- 516-407-8544
- Wavelengths Psychology - <https://www.wavelengthspsychology.com/> - 800-871-5491 - *Offering low cost and/or one time sessions*
- BeyondTheBadgeNY -<https://www.beyondthebadge.org/contact-us.html>- *free 45 minute sessions for First Responders*
- TalkSpace- <https://www.talkspace.com/blog/coronavirus-talkspace-resources/> - *Offering free sessions for First Responders + Therapist Lead FB group*  
<https://www.facebook.com/groups/1570599106420510/>

### Special Education Supports

#### **PTS Coaching**

ADHD coaching free of charge: PTScoaching.com

The Arc- <https://thearc.org/covid/>

The Association of Successful Parenting (TASP) <https://achancetoparent.net/resources-2/>

### **High School**

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\*Google Classroom with additional resources- Code: ipujguk

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