

MENTAL HEALTH

1. A state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life.
2. A branch of medicine that deals with the achievement and maintenance of psychological well-being.
3. A person's overall emotional and psychological condition.

The following is a list of helpful websites on a variety of mental health topics.

TREATMENT AND PSYCHOTHERAPY

Youth and Family Counseling Center, Oyster Bay, NY
www.yfcaoysterbay.org

North Shore Child and Family Guidance Center, Roslyn, NY
www.northshorechildguidance.org

C. W. Post Psychological Services Center, Greenvale, NY
www.liu.edu/CWPost/Academics/Schools/CLAS/Dept/Psychology/PsyD/PSC.aspx

REFERRALS AND GENERAL INFORMATION

National Association of Social Workers
www.socialworkers.org

American Psychological Association
www.helping.apa.org

CRISIS COUNSELING AND REFERRALS

Long Island Crisis Center – “it’s okay to ask for help”

Bellmore, NY - 24hr/7 day week hotline
www.licrisiscenter.org

American Society for Suicide Prevention
www.afsp.org

MENTAL HEALTH RESOURCES

Mental Health Association of Nassau County
Uniondale, NY
www.mhanc.org

Substance Abuse and Mental Health Services
www.mentalhealth.samsha.gov

INFORMATION ON OB-EN SCHOOLS SECOND STEP PROGRAM

Social Emotional Learning (SEL)

Committee for Children

www.cfchildren.org

DRUG AND ALCOHOL PREVENTION, INFORMATION AND RESOURCES

www.nassaucountyny.gov/agencies/DAA/education.html

www.nida.nih.gov

www.dareamerica.gov

www.samsha.gov

EATING DISORDERS

www.eating.ucdavis.edu/resource/ny

PARENTING RESOURCES – including information of bullying, relational aggression, cyberbullying, sexual harassment or assault and parenting education

www.usa.gov/Topics/Parents.shtml