

Navigating the Holiday Season/December Recess



Strengthen family bonds by spending time with loved ones

Set up tech-free times to be present with each other.



Keep bedtimes, meal times, and routines on a regular schedule.



Engage in self-care activities individually and as a family.

Create a gratitude jar, practice mindfulness, or take a walk outside together!



Find a balance between work, play, family time, and personal space.



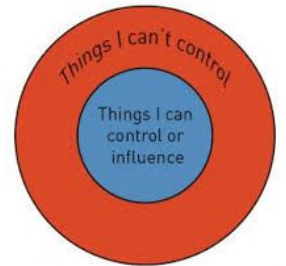
Communicate your thoughts, feelings, concerns, and wishes.



Listen to each other and practice validation.



Try new hobbies and create new traditions (i.e. family book club, movie night, dance party, game night or cook a new recipe)



Focus on what you can control. Accept or let go of what you can't.

Mental Health Concerns | Signs and Symptoms

Reach out to a medical professional or mental health resource if you are concerned about your child's mental health.

- Major changes in mood
- Depression, sadness, irritability
- Changes in eating (restricting, overeating, overexercising, etc.)
- Withdrawal from friends and/or family
- Increased worry and anxiety
- Increased aggression and/or anger
- Refusal to return to school

RESOURCES

Rockland County:

<http://rocklandgov.com/departments/mental-health/>

- **Emergency: Call 911**
- **Behavioral Health Response Team:** 1-845-517-0400, available 24/7
- **Children's Community Assistance, Response, and Engagement Team:** 1-845-517-0400, available 12pm-8pm
- **National Suicide Prevention Lifeline:** 1-800-273-8255, available 24/7
- **Crisis Text Line:** 741741, available 24/7
- **National Eating Disorders Association Helpline:** 1-800-931-2237, available M-Th 11am - 9pm and F 11am - 5pm
- **Alcoholism/Drug Abuse:** NY HOPEline, 1-877-846-7369, available 24/7
- **Center for Safety and Change - Domestic Violence Hotline:** 845-634-3344, available 24/7