

Monthly Newsletter

May 2021

Saint Peter Catholic Academy
Address: 8401 23rd Ave, Brooklyn, NY 11214
Phone: (718) 372 - 0025

Contact Info

Ms. Ramsingh

Diocese Special Project Coordinator
Mon- Fri: 7:30am - 3:30pm

Office#:
(914) 340 -4716

Email (preferred contact):
mramsingh@stpeteracademy-
brooklyn.org



Dear Saint Peter Community,

In the month of May we will focus on Mental Health. Mental health includes **our emotional, psychological, and social well-being**. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental well being is especially important for students. Childhood and Adolescent years are a crucial period for **developing and maintaining social and emotional habits important** for mental well-being. These include adopting healthy sleep patterns; taking regular exercise; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

How Can You Cope With Stress?:

Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.



Take care of your body.

Take deep breaths, stretch, or meditate

Try to eat healthy, well-balanced meals.

Exercise regularly.

Get plenty of sleep.



Resources to help with Mental Health:

1. [NYC Well](#) is your connection to free, confidential crisis counseling, mental health and substance use support, information and referrals. You can reach the toll-free helpline 24 hours a day, 7 days a week by phone, text and online chat. Behavioral health professionals there can link you to the services you need.

To contact NYC Well, call:

1-888-NYC-WELL (1-888-692-9355) or You can also reach NYC Well by texting "WELL" to 651-73

2. <https://mindingyourmind.org>: Minding Your Mind is dedicated to ending stigma and destructive behaviors associated with mental health issues, moving away from a crisis-based response to prevention through education. We use the power of storytelling to provide evidence-based education on mental health challenges to our audiences. Our inspiring programs create safe communication spaces to discuss signs and symptoms often associated with mental health challenges and how to address them.