



Here for Long Island. Here For You.



FCA Helping Long Islanders to Navigate Uncharted Mental Health Challenges During Pandemic

As we close out the first month of 2021, COVID-19 continues to spread within our communities. Not only has the physical health of countless Long Islanders been significantly affected, but the pandemic has taken a large toll on the mental health of an even larger population. Those who may not even have contracted the virus are still feeling the emotional and psychological ramifications of this global health crisis.

FCA's essential workers continue to step up more than ever before to help combat the crippling effects of the pandemic on children and their families.



From support groups, to parent workshops, and virtual family activities, FCA's Children's Mental Health & Wellness Division has been pushing full steam ahead to make sure Long Island families are supported and provided with the guidance they need most during these trying times. Challenges brought on by the pandemic have

caused FCA to find new and different ways to adapt and provide services to meet the increased needs of program participants.

Learn more here in the recent *Newsday* feature on these services and the mental health changes we are seeing in our youngest Long Islanders.

**NEWSDAY
FEATURE**

toll on mental health



Jeffrey Reynolds, CEO of Family and Children's Association in a meeting with state officials.



Louise Marini, CEO of Family and Children's Association, in a meeting with state officials.

All the things being done to protect our physical health is putting our kids' mental health in significant jeopardy.

— Jeffrey Reynolds, CEO of Family and Children's Association

It's not just the toll on mental health that is a concern, but the toll on the economy and the toll on the education system. The toll on the economy is being felt in the form of layoffs and furloughs. The toll on the education system is being felt in the form of school closures and the loss of instructional time.

But the toll on mental health is the most concerning. Children are being exposed to a world of uncertainty and fear. They are being asked to stay at home and avoid public places. They are being asked to wear masks and practice social distancing.

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Please consider supporting FCA's Children's Mental Health & Wellness programs as we continue to provide for Long Island's most vulnerable children and families during these unprecedented times.

DONATE



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