

Mental Health Continuum

Need support in supporting your child? The Mental Health Continuum can help.

The Mental Health Continuum is an innovative, evidence-based model designed to support students with unmet mental health needs. By integrating a range of direct services and strengthening partnerships between schools and hospital-based mental health clinics, we're making mental health care more accessible than ever.

This means students can receive the support they need right at school—no need for outside clinic visits! By bringing mental health services directly into the school environment, we're ensuring that every student has the resources they need to thrive.

If you have any questions, please contact:

Aleena Khan, LMSW

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Available Tuesday & Thursday

Room 305

LincolnContinuum@nychhc.org

Clinic Number: 718-579-5156



Mental Health Continuum

Is your child/ student dealing with:

- Frequent sadness, crying
- Frequent worrying, anxiety
- Constant angry thoughts
- Aggressive behaviors at home & school
- Attentional problems/ poor focus
- Difficulty dealing with loss or trauma
- Schools problems due to poor mood
- Frequent upsetting thoughts
- Poor sleep
- Poor appetite, major weight change
- Confused thinking
- Challenging communication with others
- Challenging relationships with others
- Difficulties adjusting to new things or places
- Etc..?

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