

CN GUIDANCE MENTAL HEALTH EXPERT TALKS TO NEWS12 ABOUT MANAGING ANXIETY AMID SCHOOL THREATS



CN Guidance mental health expert, Lauryn Stillman, was interviewed by @News12LI and provided timely tips on ways students and parents can manage their own mental health amid the many threats at Long Island schools of late. Watch here: <https://longisland.news12.com/mental-health-expert-discusses-ways-for-parents-and-children-to-cope-with-anxiety-and-stress-amid-school-threats>