



Resource Guide: Understanding and Supporting Teen Emotional, Mental and Sexual Health

October 2022

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the School Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement an NYS law requiring mental health instruction as part of the K-12 curriculum.

Our [Family and Community](#) page is home to helpful information and user-friendly resources for supporting youth in school and beyond. The [Family Education Webinar Series](#) was designed to share information and resources on a variety of topics so families, caregivers, and youth could learn together. A recording of ***Understanding and Supporting Teen Mental, Emotional and Sexual Health*** will be available in the webinar archive along with other helpful recordings including: 'Supporting Teens After High School: Tips for Helping Students Navigate What's Next', 'Fostering Wellness: Starting with the Brain', 'Suicide Prevention Strategies for Families/Caregivers', 'Achieving Whole Person Wellness', 'Becoming a Resilient Family' and 'Coping with a Crisis' which is available in English and Spanish.

Families & Caregiver Resources to Consider

<p>988 Suicide and Crisis Lifeline</p> <p>We Can All Prevent Suicide. What is 988? 988 is more than just a number. It is a direct connection to compassionate and accessible care. When you call, text, or chat 988 you are connected to trained counselors that are part of the National Suicide Prevention Lifeline Network. Interpretation support is currently available in over 150 languages.</p>	
<p>Albany Medical Center - Specialized Care Center for Adolescents and Young Adults</p> <p>Offers services for youth at risk for contracting HIV, including PrEP, a pill that is taken once daily to help prevent HIV, and other test and treatment services for sexually transmitted infections (STIs).</p>	
<p>New York City's Teen Connection</p> <p>Shares accessible information on sexual health education, where to find sexual health and healthcare clinics, and more.</p>	

<p>NYS Office of Mental Health</p> <p>Provides information for families and consumers. Cut search time by using the Find a Mental Health Program to find resources across New York State.</p>	
<p>Suicide Prevention Center of NY</p> <p>Educators and school staff can access evidence-based trainings, workshops and online modules to support students in the classroom. Their Resource Library provides videos, guides, and helpful information for specific populations</p>	
<p>NYS PTA Wellness Team</p> <p>Provides resources and links to help parents, families, and caregivers learn about and advocate on various topics including but not limited to health, mental health, juvenile protection, and nutrition.</p>	
<p>NYS Department of Health</p> <p>Provides resources, fact sheets, and an easy-to-use Provider Directory to help navigate services STI testing locations available all across New York State.</p>	
<p>Child Mind Institute</p> <p>Learn more about topics impacting Teens & Young Adults. You can read or listen to helpful articles including How to Talk to Kids About Sex and Consent, Teens and Romantic Relationships, and other resources and parenting tips on their website.</p>	
<p>Finger Lakes Sexual Health Coalition</p> <p>Provides helpful information for families/caregivers including The Sex Drive, which shares 10 tips on how to use commute time to talk about sex.</p>	
<p>AHRC NYC</p> <p>Advocates for people who are neurodiverse to lead full and equitable lives. Read their article Sex Ed is Not (Just) About Sex which talks about the importance of sexual health education and how it helps students with disabilities build quality relationships, including friendships and community connectedness.</p>	

Additional Resources to Support Youth

<p><u>Mental Health Conversation Starters</u> A toolkit that provides sample prompts for a variety of situations or concerns and tips on how to create a safe, caring and age-appropriate atmosphere for ongoing conversation and dialogue with children and youth.</p> 	<p>A printable Spanish language version is also available here.</p> 
<p><u>NYCLU - Youth Rights to Sexual Healthcare Services in New York</u> Learn about how NY State youth can make some decisions about their sexual health without parent/guardian consent</p>	
<p><u>The National Coalition for Sexual Health</u> Provides a list of <u>Essential Sexual Health Questions to Ask Adolescents</u> which can benefit providers and caregivers alike.</p>	
<p>Read the new <u>Addressing the Youth Mental Health Crisis: The Urgent Need for More Education, Services and Supports</u> report from <u>Mental Health America</u></p>	
<p><u>Native Center for Behavioral Health Youtube page</u> Check out their webinar "<u>Essential Substance Use Skills: HIV/STIs and SUDs</u>" and many other archived talks</p>	
<p><u>The Trevor Project</u> Find information and support for LGBTQ+ youth and families, including their <u>Ally Training</u> which provides a basic framework for understanding LGBTQ identities and the unique challenges young people often face.</p>	

At MHANYS we strive to make **Mental Health First Aid** as common and accessible as CPR for all New Yorkers. You can learn more about available products, training opportunities, or request one today by clicking [here](#) and completing the [Training Inquiry Form](#).

Are you interested in bringing MHFA to your community, but live outside of New York? We can help you learn more about the [National Council for Mental Wellbeing](#) and find opportunities near you.

For additional information regarding policy and legislative updates, explore the MHANYS website at www.mhanys.org or join their newsletter to stay current with agency and statewide news.

JOIN our newsletter for school and caregiver information, events, and training opportunities.

EXPLORE additional resources by visiting our website at www.mentalhealthEDnys.org .

CONNECT with staff by calling (518) - 434 - 0439 or contacting us directly at schools@mhanys.org.