



**Resource Guide for
Parents/Guardians,
Caregivers, and Families**

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 a NYS law requiring mental health instruction as part of the K-12 curriculum.

<p>Mental Health Association in New York State Works to improve the lives of individuals, families, and all communities in NYS by raising mental health awareness, ending stigma and discrimination, and promoting wellness and recovery.</p>	
<p>NYS Office of Mental Health (OMH) 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>The Youth Mental Health Project Supports parents and caregivers so that they can support their children’s mental health.</p>	
<p>NAMI New York State Provides support to family and friends of individuals with mental illness and persons living with mental illnesses through more than 50 affiliates statewide</p>	
<p>Human Rights Campaign Mental Health resources in the LGBTQ+ community</p>	

<p>MentalHealth.gov Provides one-stop access to U.S. government mental health and problems information. Resources for parents and caregivers.</p>	
<p>National PTA Developed Healthy Minds Program to help families make mental health an everyday priority.</p>	
<p>American Association of Pediatrics Mental health resources for families including patient and family handouts that can support families in addressing mental health concerns or promoting healthy mental development.</p>	

Visit us at [mentalhealthnys.org](https://www.mentalhealthnys.org), call (518) 434 - 0439,

or contact us directly at schools@mhany.org.