



Resource Guide: Importance of Sleep

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.

Helpful Resources

<p>National Sleep Foundation (thensf.org) Independent, non-profit dedicated to improving overall health and well-being by promoting sleep health.</p> 	<p>How is Your Sleep Health Linked to Your Mental Health? - National Sleep Foundation (thensf.org)</p>  <p>It's Time to Talk to Teens About Drowsy Driving - National Sleep Foundation (thensf.org)</p>  <p>Back to School Sleep Tips - National Sleep Foundation (thensf.org)</p> 	
<p>Teens and Sleep - FamilyEducation</p> 	<p>More Sleep Could Improve Many U.S. Teenagers' Mental Health PRB</p> 	<p>Sleep and Teens - Sleep Disorders UCLA Health</p> 

<p>VeryWell Mind The Role of Sleep in Kids' Mental Health Resource for reliable, compassionate, and up-to-date information on mental health topics</p>	
<p>National Institute of Neurological Disorders and Stroke Brain Basics: Understanding Sleep</p>	
<p>How Sleep Deprivation Impacts Mental Health Columbia University Department of Psychiatry Columbia University psychologist explains why poor sleep makes it more difficult to cope with stress and regulate emotions.</p>	
<p>Sleep Johns Hopkins Medicine</p>	

Visit us at mentalhealthnys.org, call (518) 434 - 0439, or contact us directly at schools@mhanys.org.