



School Mental Health Resource Training Center

Back to School Resources for Families

Get ready for the new school year with resources from the SMHRTCenter and Mental Health America
Schedule free in-person and virtual trainings by visiting [mentalhealthEDnys.org](https://www.mentalhealthEDnys.org)



What Children Need for Good Mental Health



Social Media and Youth Mental Health



Validating Feelings



Managing Unhealthy Thoughts and Beliefs



Bullying - Tips for Parents



Youth Mental Health First Aid

For Adults Who Regularly Interact with Young People

Youth Mental Health First Aid (YMHFA) is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. [Visit mentalhealthEDnys.org](https://www.mentalhealthEDnys.org) to sign up for free.



Visit www.mentalhealthEDnys.org for free resources and trainings
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