



## Resource Guide: Let's Talk: Mental Health and Special Education

January 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 a [NYS law](#) requiring mental health instruction as part of the K-12 curriculum.

Our [Families and Caregivers](#) 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. Our latest installment, *Let's Talk: Mental Health and Special Education* is available now! For additional information view the *Special Education and Mental Health* page on our expanding [A-Z Topic Guide](#).

### Helpful Resources for Families & Caregivers

- [Project TEACH](#)- Project TEACH provides training, consultation, and linkage & referral to pediatric prescribers. This page is geared toward families and caregivers and includes useful information about children's mental health.
- [Find a Mental Health Program](#)- Search for mental health programs in your community by using the Find a Program feature on the NYS Office of Mental Health website.
- [Contact Local Mental Hygiene Departments](#)- NYS Conference of Local Mental Hygiene Directors, Inc. Use the county search map to find helpful contact information for local mental health leaders.
- [School Age Family and Community Engagement \(FACE\) Centers](#) - The NYS Education Department (NYSED) Office of Special Education (OSE) has created a network, called the OSE Educational Partnership, focused on enhancing services and supports for students with disabilities ages birth to 21.
- [Parent to Parent of NYS](#) - Connect one-to-one with a parent/caregiver of an individual with the same or similar disability or special health care need – someone who has “been there”.

### Additional Resources to Promote Wellbeing

- [Mental Health Conversation Starters](#) - 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. A **printable Spanish** language version is also available [here](#).
- [6 Ways to Encourage Good Mental Health Habits](#) outlines strategies for families to prioritize wellness and engage in thoughtful discussions about mental health. A **printable Spanish** language version is also available [here](#).
- [We Schools](#) - Visit their Virtual Learning Center for resources and information to support educators and students booking to address critical social issues, all while building key social & emotional skills.

Visit us at [mentalhealthEDnys.org](http://mentalhealthEDnys.org), call (518) - 434 - 0439 or contact us directly at [schools@mhanys.org](mailto:schools@mhanys.org).