



Resource Guide: Coping with Holiday Stress: Supporting Child and Family Resilience

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

- [NYS Office of Mental Health \(OMH\)](#) - [Stress Management Tips for the Holidays](#)
- [National Alliance on Mental Illness \(NAMI\)](#) - NAMI offers information about the [holiday blues](#).
- [Northwestern Medicine](#) - Discover tips for positive emotional health from Northwestern Medicine, including self-care, dealing with depression, and more for your mental health. [6 Tips to Help with Holiday Stress](#)
- [Hillside](#) (Atlanta) - Mental health treatment providers for children, adolescents, and families. [Does winter make you depressed?](#)
- [Mount Sinai Adolescent Health Center](#) - NYC's largest provider of high-quality, comprehensive, no-cost health and wellness services for young people and the nation's leading center of adolescent health care, training, and research. [Surviving and Thriving during the Holidays](#)
- Seattle Children's Hospital - [Winter Blues or something more?](#) Helping kids and teens cope
- [Empowering Education](#) - Social Emotional Learning; [Reduce Winter Break Stress for Students](#)
- [Holiday stress for teens is real; Here's how to cope](#)
- [Holiday Stress: How the Winter Holidays Affect Mental Health](#)
- [Reducing Holiday Stress for Teens on the Spectrum](#)
- Human Rights Campaign (HRC) - [Six Things to Remember this Holiday Season if You Are LGBTQ](#)
- [Your Teen](#) - [Holidays with Teenagers](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) - [Recognizing Holiday Triggers of Trauma](#)

- [7 Ways to Manage Family Stress During the Holidays](#)
- Mayo Clinic - [Stress, depression, and the holidays: Tips for coping](#)
- [Very Well Mind](#) - [Managing the Seemingly Inevitable Holiday Season Stress](#)
- Psychology Today - [10 Common Holiday Stresses and How to Cope With Them](#)
- [The American Institute of Stress](#) - [Managing Holiday Stress with Mindfulness](#)

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