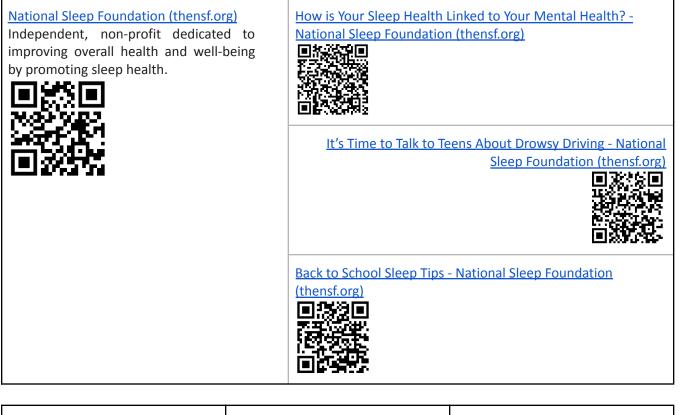


## Resource Guide: Importance of Sleep

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**





VeryWell Mind   The Role of Sleep in Kids' Mental Health Resource for reliable, compassionate, and up-to-date information on mental health topics	
National Institute of Neurological Disorders and Stroke Brain Basics: Understanding Sleep	
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.	
Sleep   Johns Hopkins Medicine	

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