




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

<p>NYS Office of Mental Health (OMH) Offers Stress Management Tips for the Holidays</p>	
<p>National Alliance on Mental Illness (NAMI) Offers information about the holiday blues</p>	
<p>Northwestern Medicine Discover 6 Tips to Help with Holiday Stress for positive emotional health from Northwestern Medicine, including self-care, dealing with depression, and more for your mental health.</p>	
<p>Hillside (Atlanta) Mental health treatment providers for children, adolescents, and families. Does winter make you depressed?</p>	
<p>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</p>	

<p>Empowering Education Social Emotional Learning; Reduce Winter Break Stress for Students</p>	
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<p>Holidays with Teenagers Your Teen</p> 	<p>Managing Holiday Stress with Mindfulness Stress.org</p> 	<p>Recognizing Holiday Triggers of Trauma SAMHSA</p> 
<p>7 Ways to Manage Family Stress During the Holidays</p> 	<p>Holiday stress for teens is real; Here's how to cope</p> 	<p>Reducing Holiday Stress for Teens on the Spectrum</p> 
<p>Stress, depression, and the holidays: Tips for coping Mayo Clinic</p> 	<p>Managing the Seemingly Inevitable Holiday Season Stress Very Well Mind</p> 	<p>Holiday Stress: How the Winter Holidays Affect Mental Health</p> 
<p>Psychology Today - 10 Common Holiday Stresses and How to Cope With Them</p> 	<p>Seattle Children's Hospital - Winter Blues or something more? Helping kids and teens cope</p> 	<p>Human Rights Campaign (HRC) - Six Things to Remember this Holiday Season if You Are LGBTQ</p> 

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