

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 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.

College Transition Archives The Jed Foundation	
Transition Year: Adjusting to College Life National Center on Safe Supportive Learning Environments (NCSSE)	
Helpful Tips to Ease the Transition from High School to College	
Transition to College: Here's What Students Have to Say About It	
Transition from School to Post School for Students with Disabilities New York State Education Department	
School Transition for Students with Developmental Disabilities	
LGBTQ+ College Student Guide - Intelligent	

Crisis Information

- **National Suicide Prevention Lifeline:** www.suicidepreventionlifeline.org **1-800-273-8255 (TALK)** Support is available in English and Spanish 24/7/365 via phone, text or [chat](#).
- **Call or text 988** - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- **SAMHSA's National Helpline :** **1-800-662-HELP (4357)/ 1-800-487-4889** Free and confidential information in English & Spanish.