



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><a href="#">NYS Office of Mental Health (OMH)</a> Offers <a href="#">Stress Management Tips for the Holidays</a></p>	
<p><a href="#">National Federation of Families: Holiday Wellness Toolkit</a></p>	
<p>Human Rights Campaign (HRC) - <a href="#">Six Things to Remember this Holiday Season if You Are LGBTQ</a></p>	
<p><a href="#">Supporting Your Mental Health During the Holiday Season: SAMSHA</a></p>	
<p><a href="#">Psychiatry.org - Seven Ways to Cope with Holiday Stress</a></p>	
<p><a href="#">Hope For The Holidays   Mental Health America</a></p>	