

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.

<p>Beyond Academic Stress and Burnout: Nurturing a Healthier Academia by Déborah Rupert</p>	
<p>How to Avoid Academic Burnout in High School - The Scholarship System</p>	
<p>Academic burnout is a cultural problem: Let's dismantle it</p>	
<p>A Psychologist Offers 2 Tips To Protect Yourself From An Academic Burnout</p>	
<p>Burning out in school: What it means and how to help</p>	
<p>Behavioral health centers - Cohen Children's</p>	

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.