



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.

<p>The Trevor Project</p>	
<p>NYS Office of Mental Health Provides downloadable LGBTQ+ resources, tip sheets and infographics including: Spotlight on: LGBTQIA+ Youth , Tips for Parents of LGBTQIA+ Youth , Language Matters: Gender</p>	
<p>Human Rights Campaign</p>	
<p>Learn more about NYS PTA and their DEI program and be sure to check them out on Facebook!</p>	
<p>PFLAG Explore resources such as the Glossary of Terms or find support on topics including Supporting Your LGBTQ+ Grandchild, also available in Spanish . Find your local chapter by clicking here. They also created a Recommended Reading list for navigating the Coming Out process</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.

Visit our website mentalhealthEDnys.org to explore more helpful resources, webinars, and guides. Join our Newsletter and receive updates to your inbox. Need additional support? Contact us directly at schools@mhans.org or call **518 - 434 -0439**.