


The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting youth and families' mental health and wellness 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>Adventure NY - NYSDEC - DEC's Adventure NY initiative was launched in 2017 to connect more New York families and visitors to the great outdoors.</p> <p>Things To Do - NYSDEC</p> <p>Kids GO (Get Outside) - NYSDEC</p> <p>#AdventureAtHome - NYSDEC</p>	
<p>Why Our Brains Need the Outdoors Psychology Today</p>	
<p>Outdoor Education Adventures & Wilderness Programs Outward Bound Outward Bound</p>	
<p>8 Mental Health Benefits of Getting Your Kids Outside, Plus Tips on How to Do It</p>	
<p>The mental health benefits of nature: Spending time outdoors to refresh your mind - Mayo Clinic Press</p>	
<p>The Outdoors and Nature Mental Health America</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@mhany.org or call **518 - 434 -0439**.