






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><u>American Psychological Association</u> Comprehensive magazine article featuring expert voices on “headline stress.” Includes evidence-based strategies for managing news anxiety.</p>	
<p><u>University of California, Berkeley Greater Good Science Center - Bridging Differences Program</u> Research-based advice, research, and opinion that aims to shrink “social and political divides” in culture and media.</p>	
<p><u>Fort Health Resources, Webinars, and Q&As</u> Fort Health is built with the Child Mind Institute, an independent non-profit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. This partnership increases access to evidence-based care for families and impacts more families with education, treatment, and research programs.</p>	
<p><u>Center for Digital Thriving Harvard Graduate School of Education</u> Find research, lesson plans, and tech habit guides that promote “reclaiming power over the tech in our lives.”</p>	
<p><u>Common Sense Media</u> An in-depth guide that differentiates age-appropriate ways for “explaining the news to our kids.” Emphasizes caregiver action steps in addition to strategies for children.</p>	

Crisis Information

- **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
- **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](#).
- **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.

Sign up for our [Newsletter](#) and receive updates to your inbox.

Need additional support? Contact us directly at schools@mhanys.org or call **518 - 434 -0439**.