

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>Johns Hopkins Student Athlete Mental Health: Tips for Parents and Coaches</p> <p>Expert testimony from Valerie Valle, Psy.D., sports and performance psychologist in the Johns Hopkins All Children’s Hospital Institute for Brain Protection Sciences. Actionable steps for parents and coaches.</p>	
<p>McLean Hospital Athlete Mental Health: What You Need To Know</p> <p>McLean Hospital (Mass General Brigham) provides a comprehensive guide that includes mental health challenges for athletes, evidence-based treatments, first-person accounts, and webinar discussions.</p>	
<p>The Jed Foundation Winning At What Cost? Webinar</p> <p>Moderated by ESPN personality Tony Reali, this rich discussion promotes awareness and actionable steps from experts at the Jed Foundation and Positive Coaching Alliance to address “the mental health crisis facing today’s student-athletes.”</p>	
<p>Mental Health Awareness Week Toolkit NYSSPHAA</p> <p>New York State School Public High School Athletic Association provides a downloadable toolkit for educators and communities to promote positive mental health in High School Athletics.</p>	
<p>The Courage First Athlete Helpline athletehelpline.org</p> <p>Professionally staffed talk, text, and live chat helpline serves athletes, former athletes, parents, coaches, and sports communities through crisis response, mental well-being intervention, informational resources, and reporting guidance for concerns about emotional, physical, or sexual abuse.</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](#).

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@mhany.org or call **518 - 434 -0439**.