








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>Parents Under Pressure: The U.S. Surgeon General Advisory on the Mental Health and Well-Being of Parents</u></p> <p>This Surgeon General's Advisory highlights the stressors that impact the mental health and well-being of parents and caregivers, the critical link between parental mental health and children's long-term well-being, and the urgent need to better support parents, caregivers, and families.</p>	
<p><u>Parental Mental Health & Well-Being HHS.gov</u></p> <p>Companion site to the Surgeon General's Advisory provides multimodal resources, key takeaways, and action steps for a variety of stakeholders and community members.</p>	
<p><u>Mental Health Resources for Parents MHAnational.org</u></p> <p>Mental Health America's clearinghouse of resources provides specific resources for caregivers and parents. Topics include general parental mental health, promoting youth mental health, pregnancy and postpartum/new parents, parenting and school, and more.</p>	
<p><u>How to Reduce Stress for Parents UNICEF.org</u></p> <p>Comprehensive guide for parents covers recognizing signs of stress, identifying burnout, practicing relaxation and self-care techniques. Each topic links to detailed articles (available in translation).</p>	

<p>Parenting APA.org American Psychological Association’s clearinghouse of resources, articles, podcasts, and books related to the topic of parenting and caregiving. Of particular note is the article titled, “Parental Burnout.”</p>	
<p>Six Ways to Deal with Parental Burnout GreaterGood.Berkeley.edu University of California Berkeley’s <i>Greater Good Magazine</i> provides a firsthand account from a parent who has experienced acute anxiety. Actionable, evidence-based approaches provide a good starting point for parents.</p>	
<p>Overcoming Parental Anxiety: Responding to the Surgeon General’s Call to Support Parental Well-Being ADAA.org December 2024 webinar based on insights from Dr Debra Kissen and team’s book, <i>Overcoming Parental Anxiety</i>, this talk provides practical tools to help parents move from survival mode to a more balanced, joyful experience of family life.</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](#).
- **National Maternal Mental Health Hotline** mchb.hrsa.gov **1-833-TLC-MAMA**) Free 24/7 text/call hotline provides confidential support for pregnant and new parents. Counselors available in English and 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**.