

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>National Research Center for Parents with Disabilities Brandeis University</u></p> <p>The National Research Center for Parents with Disabilities conducts research and provides training and technical assistance to improve the lives of parents with disabilities and their families. Information sheets, research briefs, and other resources are available for free.</p>	
<p><u>ParentingWell Brandeis University</u></p> <p>ParentingWell® is an approach to routine practice that makes talking about parenting, children, and family experiences a natural part of the conversation and of an adult’s recovery process. This versatile, responsive approach to a parent’s situation and needs provides free resources.</p>	
<p><u>Disabled Parenting Project</u></p> <p>The Disabled Parenting Project (DPP), which is part of the National Research Center for Parents with Disabilities, is an online space for sharing experiences, advice, and conversations among disabled parents as well as those considering parenthood. The DPP also serves as an information clearinghouse and interactive space for discussion and connection.</p>	
<p><u>Child Welfare Information Gateway U.S. Department of Health & Human Services</u></p> <p>Child Welfare Information Gateway is your connection to trusted resources on the child welfare continuum. We provide publications, research, and learning tools selected by experts to support thriving children, youth, families, and communities.</p>	

<p><u>The Association for Successful Parenting (TASP)</u> Nonprofit organization dedicated to enhancing the lives of parents living with cognitive difficulties and their families through education, support, and advocacy. With a focus on research, education and service, TASP works to build the capacity of communities and families to support parents with learning difficulties.</p>	
<p><u>Children of Parents with a Mental Illness (COPMI)</u> COPMI is an Australian national initiative that develops information for parents, their family, and friends in support of children and young people with parents with mental health challenges. Resources are available for parents, youth, families, friends, and professionals.</p>	
<p><u>Judge David L. Bazelon Center for Mental Health Law</u> The Bazelon Center uses litigation to affect systemic change and to impact public policy. Its mission is to protect and advance the civil rights of adults and children with mental illnesses or developmental disabilities. Its goal is to provide autonomy, dignity, and opportunity in welcoming communities, supported by law, policy, and practices.</p>	
<p><u>ADA.gov U.S. Department of Justice</u> The site for the Americans with Disabilities Act (ADA) provides answers to common questions, official legal documents, resources, and an accessible Information Line at 800-514-0301 and 1-833-610-1264 (TTY)</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@mhanys.org or call **518 - 434 -0439**.