


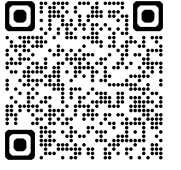



The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the School Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a NYS law requiring mental health instruction as part of the K-12 curriculum.

<p><b><u><a href="#">Centers for Disease Control and Prevention (CDC)   Child Development</a></u></b> Expert resources, tips, and data for the early years of a child’s life. Designed for parents, health professionals, educators, and others</p>	
<p><b><u><a href="#">Centers for Disease Control and Prevention (CDC)   Positive Parenting Tips</a></u></b> Information about developmental milestones and tips for things that parents can do to help their children (ages 0-17) during each stage of development.</p>	
<p><b><u><a href="#">NYS Office of Mental Health (OMH)   Services for Children and Families</a></u></b> Overview of different OMH operated, licensed, or funded services in New York State for children and families. Includes Mental Health Program Directory that is searchable by program, services, and county.</p>	
<p><b><u><a href="#">NYS Office of Mental Health (OMH)   Mental Health and Wellness Information</a></u></b> Clearinghouse of OMH resources to help New Yorkers understand mental wellness, cope with everyday stress, and stay resilient. Includes brochures for promoting child social and emotional development for <a href="#">ages 1-5</a>, <a href="#">ages 5-10</a>, <a href="#">ages 10-12</a>, <a href="#">ages 12-15</a>, <a href="#">ages 15-18</a>. Many resources in translation.</p>	
<p><b><u><a href="#">Project TEACH NY   Parent and Family Resources</a></u></b> Grant-funded organization that seeks to strengthen and support care for children and families who experience mild-to-moderate mental health concerns. Robust resource page includes video/translated transcripts.</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](http://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](http://mentalhealthEDnys.org) to explore more helpful resources, webinars, and guides.

Sign up for our [Newsletter](#) and receive updates to your inbox. Contact us directly at [schools@mhanys.org](mailto:schools@mhanys.org) or call **518 - 434 -0439**.