

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>A Gut Feeling Dr. Theresa DeLorenzo PDF slides from this webinar, presented by Dr. Theresa DeLorenzo. Visit her site, Nutrition for Optimal Performance, to view her blog, nutrition tips, links to media appearances, and events.</p>	
<p>Food4Thought Podcast Spotify.com The Food4Thought podcast with Theresa DeLorenzo features conversations with clients who have worked with Theresa. Listeners can expect to gain insight into how her programs have helped.</p>	
<p>Mental Health America The gut-brain connection Overview from Mental Health America that examines the two-way relationship between your brain and your digestive system. Includes links to additional information on the topic that can be shared with youth and adults.</p>	
<p>Stanford University School of Medicine What the Science Says A comprehensive article that features quotes from Stanford Medicine professors and researchers. A more in-depth examination of several phenomena related to the connection between the gut and the brain.</p>	
<p>McLean Hospital The Powerful Link Between Nutrition and Mental Health Expert-written explainer that covers basics of nutrition and its connection to mental health. With embedded videos and comprehensive topics, this is an essential resource for people looking to expand their knowledge of the “bidirectional link between food and the mind.”</p>	
<p>National Eating Disorders Association (NEDA) Nationwide non-profit provides webinars, learning modules, screening tools, and links to finding treatment. Its goal is to advance research, build community, and raise awareness to support the nearly 30 million Americans who experience an eating disorder.</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:** a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. <https://findtreatment.gov/>

Visit our website mentalhealthFDnys.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**. Follow us on [Instagram](#) and [Facebook](#) @schoolmentalhealthNYS