

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting youth and families' mental health and wellness with resources and information, including those available through the 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.

<a href="#">Legislative Action Community - Mental Health Association in NYS, Inc.</a>	
<a href="#">New York State PTA Legislative Priorities</a>	
<a href="#">Advocacy Network   Mental Health America</a>	
<a href="#">Mental Health in Schools   NAMI: National Alliance on Mental Illness</a>	
<a href="#">Addressing the Youth Mental Health Crisis in New York   Governor Kathy Hochul</a>	
<a href="#">Mental Health   New York State Education Department</a>	

**Crisis Information**

- **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](#).
- **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.
- **SAMHSA's National Helpline :** **1-800-662-HELP (4357)/ 1-800-487-4889** Free and confidential information in English & Spanish.