



Resources and Tools for Families and Caregivers *Updated 2021*

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.

Many of the resources are consistent with those shared with schools in an effort to help families and educators develop common language and share coping strategies that promote social-emotional learning and mental health awareness. Visit mentalhealthEDnys.org/parents/ for user-friendly resources for your family – strategies to build good mental health habits, tools for coping with stress, tips for talking with children about mental health, and information on supporting youth beyond high school. For more information, check out the tools and resources below:

Strategies to Reduce Stress and Support Mental Health

- Our [Virtual Wellness Room](#) is a perfect place to take a break from your busy day or find tools to help you cope with stress, including mindfulness, movement breaks, and self-expression.
- We collaborated with Peaceful Tools to create the [Mindful Moments Family Web series](#), nine videos focused on teaching mindfulness skills and understanding the brain-body connection.
- Other [Tools to Promote Mental Health & Wellness](#) includes projects and activities to promote resilience and build social connections, such as a gratitude calendar, kindness cards, mood tracker and wellness boards.
- [6 Ways to Encourage Good Mental Health Habits](#) outlines strategies for families to prioritize wellness and engage in thoughtful discussions about mental health. A **printable Spanish language version** is also available.
- Explore [Apps for Mental Health](#) curated specifically for children and youth of all ages.

Resources to Learn More

- Our family-focused, [Virtual Learning Community](#) (Fall 2020) has been archived. Check out the presentation recordings to learn from experts on trauma and resilience, including personal stories about mental health and recovery.
- The [Family Education Webinar series](#) includes a comprehensive list of 30-minute webinars focused on child development, coping with stress, developing a wellness mindset, grief and loss and other topics. Our Coping with a Crisis webinar is also **available in Spanish**.

Looking for more information or resources? Visit us at mentalhealthEDnys.org or call contact us at schools@mhanys.org