School Mental Health Resource & Training Center

You Can Help a Student - Recognizing Signs of Distress

May 2025

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.

JED Foundation JED empowers teens and young adults by building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors through our nationally recognized programs, digital channels, and partnerships, as well as through the media. JED strengthens schools by working directly with high schools, colleges, and universities.	
JED Foundation | *I Want to Help My Teen/Young Adult* JED's clearinghouse for resources for teens and young adults, including how to identify warning signs, recognizing sources of stress, and connecting young people to mental health support.	
NYS Office of Mental Health (OMH) | Mental Health and Wellness Information 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 ages 1-5, ages 5-10, ages 10-12, ages 12-15, ages 15-18. Many resources in translation.	
Mental Health America | Youth Mental Health - Kids and Teens Mental Health America's comprehensive guide for specific topics designed for people under 18. Specific articles include resource guides, goal setting, information on crisis and non-crisis situations, and much more. A must-bookmark for anyone who works with or interacts with youth.	
Seize the Awkward Starting a conversation about mental health does not need to be uncomfortable, and it can make all the difference. Check out these resources to learn how to support a friend – or get help for yourself.	

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 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**. Follow us on Instagram and Facebook @schoolmentalhealthNYS