May is Mental Health Awareness Month – 2023
Diocese of Albany
Mental Health Awareness Committee

Need to talk about general anxiety, worrying about someone, or experiencing loneliness, insomnia, intense mood changes, addiction, or suicide ideation? Call, text or chat 988 [https://988lifeline.org/current-events/the-lifeline-and-988/]

Websites

**Bring Change to Mind** – Mission is to end stigma and discrimination surrounding mental illness. Resource section includes information on how to talk to different people about mental illness and best language to use. [https://bringchange2mind.org](https://bringchange2mind.org)

**National Alliance on Mental Illness (NAMI)** – The NYS chapter website has a section entitled Education which has sections such as About Mental Illness, Health and Wellness and Youth and Young Adults. [https://www.naminys.org/nys/](https://www.naminys.org/nys/)

**Federation for Catholic Youth Ministry** – Many links to different sites or information related to mental health. Topic areas include Well Being; Stress Anxiety and Depression; Suicide Prevention; Cutting and Self Injury; Substance Abuse. [https://nfcym.org/resources/topics/mental-health/](https://nfcym.org/resources/topics/mental-health/)

**School Mental Health Resource and Training Center** – Has several useful resources including creating a supportive climate for your students (Climate and Culture) and Talking Points for Educators. Both may be useful for teachers and catechists. [https://www.mentalhealthednys.org/](https://www.mentalhealthednys.org/)

**The Flawless Foundation** – Mission is to revolutionize the way the world perceives, prevents, and treats brain based behavioral challenges. Values include gratitude, resilience, collaboration, the body/mind connection, and the importance of brain health as one of the pillars of overall health. Website includes information for suicide loss survivors, collaborative problem solving, an active blog. [https://flawlessfoundation.org/](https://flawlessfoundation.org/)