

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

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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>

**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/>

**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/>

**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.mentalhealthdnys.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/>