

# Related Resources

## Mental Health and Behavior Problems



### Top Resources

1

#### **IncludeNYC: Resources for Students with Disabilities**

IncludeNYC provides information and materials for children living with disabilities. Click here to get resources on related to schools, parenting, and living a social life.

<https://www.includenyc.org/>

4

#### **KidsHealth: Understanding Children's Emotions and Behavior**

Kids Health provides parent-friendly information on understanding and managing your child's behavior.

<https://kidshealth.org/en/parents/emotions/#catbody-basics>

2

#### **NYC Schools: Special Education Services and Process**

Some students may require special education services in school. Click here to learn more about the process in NYC Schools.

<https://www.schools.nyc.gov/learning/special-education/the-iep-process/the-iep>

5

#### **healthychildren.org: Keeping Kids Emotionally Healthy**

Stress at home can impact kids in different ways. Being emotionally healthy is just as important as being physically healthy. Click here to learn how parents can help keep kids emotionally healthy.

<https://www.healthychildren.org/english/healthy-living/emotional-wellness/pages/default.aspx>

3

#### **Stopbullying.gov: What Can Parents do to Stop Bullying?**

Looking to talk to your child about bullying? Find different resources and strategies to start the conversation and prevent bullying in schools.

<https://www.stopbullying.gov/resources/what-you-can-do>

6

#### **Sesame Street: Building Routines with Kids**

Building routines from a young age can help build skills for kids at a young age. Click here for fun activities for kids and families from Sesame Street.

<https://www.healthychildren.org/english/healthy-living/emotional-wellness/pages/default.aspx>

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## Additional Resources

ThriveNYC: Mental Health Resources

<https://www1.nyc.gov/site/thrivelearningcenter/index.page>

NYC ACS: Keeping Children Safe

<https://www1.nyc.gov/site/acs/child-welfare/child-safety.page>

NYC ACS: Keeping Children Safe

<https://sesamestreetincommunities.org/topics/caring/>

Moyer Foundation: Anti-Bullying Resources

<https://elunanetwork.org/resources/category/related-topics/anti-bullying/>

Moyer Foundation: Depression Resources for Kids

<https://elunanetwork.org/resources/category/related-topics/depression-and-mental-health/>