



Office of
Mental Health

FEELING OVERWHELMED? YOU'RE NOT ALONE.



1 in 6 youth faces a mental health disorder annually

More and more schools are opening mental health clinics right on campus. These clinics offer a safe, confidential space to talk about whatever's on your mind – no judgment, no transportation needed, just support.

The best part? They're covered by most insurance.

Contact your school to learn what support is available to you.
Or visit ny.gov/sbmhc

