



NEW YORK STATE SENATOR

Samra G. Brouk

Senator Samra Brouk Hosts Virtual Town Hall to Discuss Mental Health Needs of Students

SAMRA G. BROUK March 5, 2021

| ISSUE: **MENTAL HEALTH, CORONAVIRUS PANDEMIC; COVID-19, PROTECTING STUDENTS**



On Wednesday, March 3rd, Senator Samra Brouk hosted a virtual town hall to discuss the mental health needs of students in the 55th District. "After nearly a year of anxiety, isolation, loss of loved ones, disconnection from school, and economic insecurity, it has become clear that there is a heightened need for mental and behavioral health services to support young people and families," **stated Senator Brouk** during the event.

More than 150 students, parents, educators, and mental health professionals joined us for this powerful discussion. The group shared personal stories, offered resources and guidance, and brainstormed solutions for how Senator Brouk and her staff can support students through this difficult time.

If you or someone you know is experiencing a mental health crisis, please reach out to any of the following local and national resources:

- [Mental Health Association](#) (MHA) of Rochester/Monroe County
- [National Alliance on Mental Illness](#) (NAMI) of Rochester
- Goodwill of the Finger Lakes [LIFE LINE](#)
- [Rochester Regional Health Behavioral Health Services](#)
- [University of Rochester Mental Health and Wellness Services](#)
- [Monroe County Office of Mental Health](#)
- [NY Project Hope](#) Emotional Support Helpline: 1-844-863-9314