



Mental Health Association in New York State, Inc.

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Sylvia Lask Scholarship for Academic Year 2025-2026

HISTORY

The Sylvia Lask Scholarship is awarded annually by the Mental Health Association in New York State, Inc. (MHANYS). It was named in honor of Sylvia Lask in 2018. Ms. Lask was a tireless Mental Health Advocate who championed the creation of New York State Mental Health Education Law from inception. This law requires Mental Health to be taught as part of health class in all K-12 classes – New York State is the first state in the nation to make this happen. Ms. Lask, a former member of the MHANYS Board, is known statewide for a lifetime of fighting on behalf of all New Yorkers. She was a visionary and a master mental health advocate based out of Bronx, NY. She has served in many capacities on many different boards over her career. She was the Chair of the Government Affair Committee for the MHANYS Board of Directors and was a member of the Jacobi Hospital Board of Directors.

This scholarship is open to college-level juniors and seniors, and matriculated graduate students attending school in New York State and majoring in a mental health-related field to prepare for a career in mental health. You must be a New York State resident and demonstrate financial need.

AMOUNT OF SCHOLARSHIP

One individual scholarship for tuition in the amount of \$2,500, plus travel expenses up to \$200 for the scholarship winner to attend MHANYS Annual Awards Dinner in October 2025.

PURPOSE

To encourage the education of individuals to assist in the prevention and treatment of mental illnesses, the promotion of mental health, and the empowerment of adults, children, and families whose lives have been affected by mental illnesses.

Qualifications

1. **Must be in the third or fourth year of a college undergraduate program, or matriculated in a graduate program in New York State; and majoring in a mental health-related field in preparation for a career in mental health as outlined in the Purpose**
2. Must be a legal resident of New York State

Materials to Submit - You MUST SUBMIT each item listed below. Your entry must be postmarked by June 30, 2025. Check off each item submitted. Follow directions carefully.

**** NOTE: The application *will not* be considered for the scholarship if we do not receive ALL requested materials. ****

- Completed application form
- Personal statement in 500 words or less
- Completed 2025-2026 Free Application for Federal Student Aid (FAFSA)
- Statement of current means of support (e.g. scholarship, work study, employment, family)
- Work experience, including a copy of current résumé
- Extracurricular activities and/or community service
- Copy of college transcripts (**Please note:***This must be mailed to MHANYS directly by the college*****)
- Two personal recommendations from people who know you as a college student, or from mental health-related employers (**Please note:***This must be mailed to MHANYS directly by the recommendation writer*****)

PLEASE MAIL MATERIALS TO:	Sylvia Lask Scholarship Committee Mental Health Association in NYS, Inc. 1 Park Place, Suite 300 Albany, NY 12205
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***** DEADLINE: POSTMARKED BY June 30, 2025 *****

Previous recipients of a Sylvia Lask Scholarship are not eligible to apply.

Visit our website for more information: www.MHANYS.org



MHANYS
Mental Health Association
in New York State

2025-2026 Sylvia Lask Scholarship Application Form

PLEASE fill out all information - PRINT OR TYPE
MHANYS does not discriminate on the basis of age, disability, nationality,
ethnic origin, marital status, race, religion, sex, or sexual orientation.

Name: _____

Address: _____

City: _____ State: NY Zip: _____

County: _____ Telephone: (____) _____

EDUCATIONAL INFORMATION:

Year of High School Graduation: _____

Name of College or University: _____

Address: _____ City: _____ State: NY Zip: _____

Degree Sought: Subject _____

Undergraduate: BA/BS ___ BSW ___ **Current year of study for degree:** 3 ___ 4 ___ 5+ ___
Other ___ (please describe)

Graduate: MA/MS ___ MSW ___ PhD ___ _____

Overall GPA: _____ **Major GPA (if applicable):** _____ **Tuition Cost (per semester):** \$ _____
Academic honors & distinctions: (attach extra sheet if necessary)

PERSONAL STATEMENT:

Write a paragraph of no more than 500 words explaining how you believe your commitment, education, and experience will assist in the prevention and treatment of mental illnesses, the promotion of mental health, and the empowerment of adults, children, and families whose lives have been affected by mental illnesses.

FINANCIAL INFORMATION:

Provide a copy of your completed 2025-2026 Free Application for Federal Student Aid (FAFSA) and statement of your current means of support (e.g. scholarship, work study, employment, family contribution.)

Total Support: \$ _____

Any other income: _____

WORK EXPERIENCE:

Please attach a copy of your current résumé. Include description of duties, dates, and employers.

EXTRACURRICULAR ACTIVITIES AND/OR COMMUNITY SERVICE:

Please list on a separate piece of paper.

COLLEGE TRANSCRIPT:

Please have a copy of your official transcript mailed directly to MHANYS.

PERSONAL RECOMMENDATIONS:

Have two different personal recommendations from people who know you as a college student or from mental health-related employer sent to MHANYS. **(Please Note:**This must be mailed to MHANYS directly by the recommendation writer**)**

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