For Immediate Release: 5/15/2020  
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Tune in and turn *UP* for NCHC’s 3rd Annual *UP Granite Youth Conference*, June 3rd

REGION – On June 3rd, the North Country Health Consortium (NCHC) will be hosting the 3rd Annual *UP Granite Youth Conference*. A departure from its usual hotel venue, this year *UP* will be streamed live— from 3:30pm – 5:30pm by Phlume Media— to audience members in their homes, or wherever students tune into the virtual conference, from computer or smart device.

This year’s *UP* Conference was adapted to a livestream rather than cancelled. The consensus was to keep *UP* the tradition of students showing *UP*, speaking *UP*, and standing *UP* for things that matter, like taking care of their mental health and that of their peers, which is an underlying focus of the *UP* message.

The 3rd Annual *UP* lineup is headlined by award-winning global speaker, Kevin Hines, who will tell his inspiring story of surviving a suicide attempt by jumping from the Golden Gate Bridge. Kevin now travels the world sharing his story of hope, healing, and recovery while teaching people of all ages the art of wellness & the ability to survive pain with true resilience. The audience will also get an opportunity to engage in a Question and Answer session with Kevin.

Other features of the virtual *UP* Conference include facilitation by local students from Youth Leadership Through Adventure (YLTA) groups, a surprise guest speaker, shoutouts from past *UP* presenters, sponsors, and returning student attendees, as well as helpful resources that students can turn to for mental health support.

Families are encouraged to tune in together, free of charge, for the virtual *UP* Granite Youth Conference on June 3rd from 3:30 – 5:30 pm by going online to: <http://stream.phlume.com/up2020/>. The live stream of *UP* can also be accessed on Phlume Media’s Instagram page.

Funding for this event was provided in part by the NH Bureau of Drug and Alcohol Services and from generous sponsors, including the Black Crow Project.

The North Country Health Consortium is a non-profit public health organization based in Littleton that collaborates with health and human services providers serving Northern New Hampshire. To learn more about the annual UP Granite Youth Conference and how to get involved, contact NCHC’s Substance Misuse Prevention Coordinator, Greg Williams: [gwilliams@NCHCNH.org](mailto:gwilliams@NCHCNH.org) or (603)259-4797. For more information about NCHC, visit NCHCNH.org.

A store inside of a building

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CAPTION: The 3rd Annual *UP Granite Youth Conference* is changing with the times, moving from an in-person conference at the Mount Washington Hotel to a free Livestream event online. Tune in on Wednesday, June 3rd from 3:30-5:30pm at  <http://stream.phlume.com/up2020/> or Phlume Media’s Instagram Page.  For more information, check out the North Country Health Consortium’s website: NCHCNH.org.