



Extension



*I don't understand
what's going on,
but I think he
needs help.*

*Wish I could help,
but I don't know
what to do.*

*Should I ask
what's wrong?
But what if I
make her angry?*

A young person you know could be experiencing
a mental health challenge or crisis.

You can help them.

Take the course, save a life,
strengthen your community.

- Free breakfast, snacks and lunch
- Free course book provided
- Participants receive 8 hours of professional development

Questions???
Call 603-863-9200

For persons with disabilities requiring special accommodations, please contact our office at 603-863-9200 one week in advance of the event, so proper consideration may be given to the request.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

Get FREE Youth Mental Health First Aid Training

SOMETIMES, THE BEST FIRST AID IS YOU

You are more likely to encounter someone — friend, family member, student, neighbor — in an emotional or mental crisis than someone having a heart attack. YMHFA, a National Council for Behavioral Health program, teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour course, but it is ideally designed for adults who work with young people, ages 12-18.

Presented by UNH Cooperative Extension
Youth & Family Field Specialists:
Gail Kennedy, MSW, and Melissa Lee, M.Ed

Monday, January 13, 2020

Snow Date Monday, February 17, 2020

8:00 am - 4:30pm

Colby-Sawyer College

541 Main St.
Rm. W005, Ware Center
New London, NH 03257

No fee, but pre-registration is required:
Please register here by January 6, 2020

<http://bit.ly/20200113-ymhfa-colby-sawyer>

Hosted by:



Colby-Sawyer
College



AMERICAN FOUNDATION FOR
Suicide Prevention

Sponsored with funds raised through NH
Out of the Darkness Community Walks



NITT
NOW IS THE TIME
PROJECT AWARE

Project AWARE is an initiative of the Office of Student Wellness at the NH Department of Education. For info: NHStudentWellness.org