



University of
New Hampshire
Cooperative 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 training with course book
provided.

Participants will receive 8 hours total
of professional development time
with certificates available.

**Questions ???
Call 603-863-9200**

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. 2016

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:
Rick Alleva, Ed.D. & Gail Kennedy, MSW

December 1 & December 2, 2016
8:30 am-12:30PM

Lempster Community School
29 School Rd
Lempster, NH 03605

No fee but pre-registration is required.

Register here by **Nov. 28:**
<http://bit.ly/2ekHNOE>

Hosted by
Lempster Community School



**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