



Extension



# 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:  
Thom Linehan, Ed.D. & Gail Kennedy, MSW

**Wednesday, May 9, 2018**  
**8:30 am - 5:00 pm**

**NHTI**  
**Concord's Community College**  
**Grappone Hall**  
**31 College Drive**  
**Concord, NH 03301**

No fee but pre-registration is required.  
Register here by **May 4, 2018:**

<http://bit.ly/YMHFANHTI>

Hosted by:  
NHTI's Center for  
Educational Excellence



**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](http://NHStudentWellness.org)

*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 breakfast snacks, lunch, and course book provided. Participants will receive 8 hours of professional development time with certificates available.

**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.*

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