



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 breakfast snacks,  
lunch, and course book provided.

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

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

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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

**Tuesday, August 15, 2017  
8:30 am - 5:00 pm**

The Upper Room,  
a Family Resource Center  
36 Tsienneto Rd  
Derry, NH 03038

No fee but pre-registration is required.  
Register here by **August 11, 2017:**  
<http://bit.ly/RegisDerry>

Hosted by  **theUpperRoom**  
a family resource center  
603-437-8477 [www.urteachers.org](http://www.urteachers.org)



**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)