



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

Friday, June 15, 2018
8:30 am - 5:00 pm

Keene State College
Rhodes Hall, Room S163
Keene, NH 03435

No fee but pre-registration is **required**. Register here by **June 10, 2018**:

<http://bit.ly/KSCjune15YHMFA>

Hosted by:

Southwest Center for Educational Support at Keene State College

Promoting innovation and professional learning in schools across the region



Monadnock Alcohol & Drug Abuse Coalition
MADAC is funded by a Drug Free Communities Grant by the Office of National Drug Control Policy, administered by the Substance Abuse Mental Health Services Administration.



Southwestern Community Services | Monadnock United Way
MADAC is a program of Southwestern Community Services. A Monadnock United Way partner.



Sponsored by:



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



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?

Questions???
Call 603-863-9200



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.

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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