

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 is wrong? What if I make her angry?

A young person you know could be experiencing a mental health challenge or crisis. You can help. Take the course, save a life, strengthen your community.

Questions?
Call us at:
(603) 271-3947

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 teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in 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 people age 16 and older who interact regularly with young people, ages 12-18.

No fee, but pre-registration is required.
To register, email :

Mary.Morency@doe.nh.gov

Space is very limited!

Tues., June 12th
8:30 am to 4:00 pm
NH Dept. of Education
Room 15



Presented by:

BUREAU OF STUDENT WELLNESS

NH Department of Education



NITT
NOW IS THE TIME
PROJECT AWARE

Mental health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Project AWARE is an initiative of the Office of Student Wellness at the NH Department of Education. For more information, visit: www.NHStudentWellness.org.