



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

**Saturday, March 3, 2018**

*snow date March 31, 2018*

**8:30 am - 5:00 pm**

**Colby-Sawyer College**

541 Main St.

Ware Student Center (Bldg 26)

Rm: Ware 005

**New London, NH 03257**

No fee but pre-registration is required.

Register here by **Feb. 26, 2018:**

<http://bit.ly/YMHFANewLondon>

Hosted by: Colby-Sawyer College,

Medical Reserve Corps Club



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?*



**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.*

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.

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.