



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, beverages, lunch,
parking, and course book
provided.

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

**Questions?
Call us at 603-641-6060**

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. 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 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 and Family Field Specialists
Rick Allewa, Ed.D. and Gail Kennedy, MSW**

**Sat., April 23
8:30 a.m. to 5 p.m.**

**UNH Cooperative Ext.
329 Mast Road, Goffstown**

No fee but pre-registration required.

Register here by April 15:

<http://bit.ly/YMHFAGoffstown>



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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