

Celebrate **CHILDREN'S MENTAL HEALTH AWARENESS WEEK** with
YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid USA is a public education program that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches adult individuals how to help an adolescent in crisis or experiencing a mental health challenge. Youth Mental Health First Aid uses group activities and simulations to demonstrate how to assess a mental health crisis; provide initial help; and connect young people to professional, peer, and self-help care.

To build the skills of youth-serving adults in NH during Children's Mental Health Awareness Week, the NH Department of Education's Office of Social & Emotional Wellness is offering Youth Mental Health First Aid trainings regionally.

Trainings are **FREE** to participants through federal funding, but registration by April 26 is required. Click on event details or visit nhstudentwellness.org/childrensmh to sign up! Max. capacity is 30 individuals per training.

MAY 6 | 8:30AM - 5PM
NORTH COUNTRY HEALTH CONSORTIUM
LITTLETON

MAY 11 | 9AM - 5:30PM
FRANKLIN SAVINGS BANK'S
COMMUNITY LEARNING CENTER
TILTON

MAY 10 | 8:30AM - 5PM
DOLLOFF BUILDING
HUGH GALLEN STATE OFFICE PARK
CONCORD

MAY 7 | 8:30AM - 5PM
CHESHIRE COUNTY OFFICES
KEENE

MAY 8 | 9AM - 5:30PM
MONADNOCK COMMUNITY HOSPITAL
PETERBOROUGH

MAY 8 | 9AM - 4PM
NATIONAL GUARD TRAINING CENTER
PEMBROKE
***FOR SCHOOL PERSONNEL!**

MAY 8 | 8:30AM - 5PM
CIGNA OFFICES
HOOKSETT

MAY 9 | 8:30AM - 5PM
CIGNA OFFICES
HOOKSETT

MAY 9 | 8:30AM - 5PM
AUSTIN 17HOUSE
BRENTWOOD

Can't join us during Children's Mental Health Awareness Week? Register for another Youth Mental Health First Aid training in May:

MAY 3 | 8:30AM - 5PM | NORTH COUNTRY EDUCATION SERVICES, GORHAM

MAY 23 & 30 | 8AM - 12PM EACH DAY (MUST ATTEND BOTH) | CENTER FOR HEALTH PROMOTION, CONCORD

MAY 31 | 9AM - 4PM | NH DEPT. OF EDUCATION, CONCORD **FULL!**



end the stigma!
#MayAndEveryDay