

# Sign Up Today!



North Country  
HEALTH CONSORTIUM

Leading innovative collaboration to improve  
the health status of Northern New Hampshire

NCHCNH.org

Wellness  
And  
Recovery  
Model



MENTAL  
HEALTH  
FIRST AID®

## Mental Health First Aid

Join the movement.

Sometimes first aid isn't  
a bandage, or CPR or  
calling 911. Sometimes,  
first aid is YOU

Date:

February 27<sup>th</sup>

8am to 5pm

A person you know could be  
experiencing a mental health  
or substance use problem.

You are more likely to encounter  
someone in an emotional or  
mental crisis than someone having  
a heart attack. Learn how to help a  
friend, family member, coworker  
or neighbor in need. Get trained in  
Mental Health First Aid.



Take a course. Save a life.  
Strengthen your community.

For more information, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

Location:

North Country  
Health Consortium

262 Cottage st  
Littleton, NH 03561

**Space is Limited!**  
(Lunch on your own)

Register at:

<http://bit.ly/MHFA-Feb2020>



For more information,  
contact: Heidi Ballentine  
[hballentine@nchcnh.org](mailto:hballentine@nchcnh.org)  
or call (603) 259-1744

Continuing Education:

Nurses:

North Country Health Consortium/NNH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity was approved for 8 Nursing Contact Hours. Activity #384.

Providers:

The North Country Health Consortium/NNH AHEC is accredited by the NH Medical Society to provide continuing medical education for physicians. The North Country Health Consortium/NNH AHEC designates this live activity for a maximum of 8 AMA PRA Category 1 Credit(s)™.

For questions on additional continuing education credits, contact Laura Remick at [lremick@nchcnh.org](mailto:lremick@nchcnh.org)