

# Youth Mental Health First Aid

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.**

Join us to learn a 5-step action plan from YMHFA, a National Council for Behavioral Health program, to offer initial help to young people showing signs of a mental health challenge or 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.

This course includes 2-hours of self-study to be completed prior to the session date listed below.

## Date | Time | Cost

November 10, 2021

9:00 am to 3:30 pm

FREE!

## Location

Virtual via Zoom

Participants will receive instructions for enrollment via email

## Register | Contact Us

Preregistration is required

by October 27

<https://bit.ly/YMHFA202111>

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## Presenters

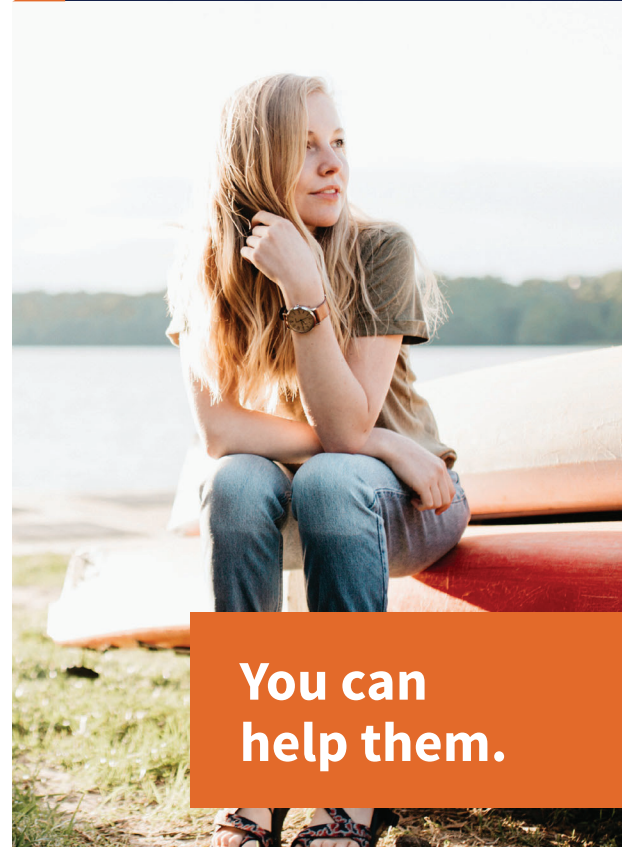
**Suzanne Meatley**

*UNH Extension*

*Program Manager*

*Youth Mental Health First Aid*

A young person in your life may be experiencing **a mental health challenge or crisis.**



**You can help them.**

- Take the course
- Save a life
- Strengthen your community



For persons with disabilities requiring special accommodations, please contact [gail.kennedy@unh.edu](mailto:gail.kennedy@unh.edu) prior to the event. Given ample time, we will make any reasonable effort to make accommodations.

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