

# 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:

September 25<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:

White Mountains  
Community College  
2020 Riverside Drive  
Berlin, NH 03570

**Space is Limited!**

Register at:

[bit.ly/MHFA-Sept2019](http://bit.ly/MHFA-Sept2019)



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)<sup>™</sup>.

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