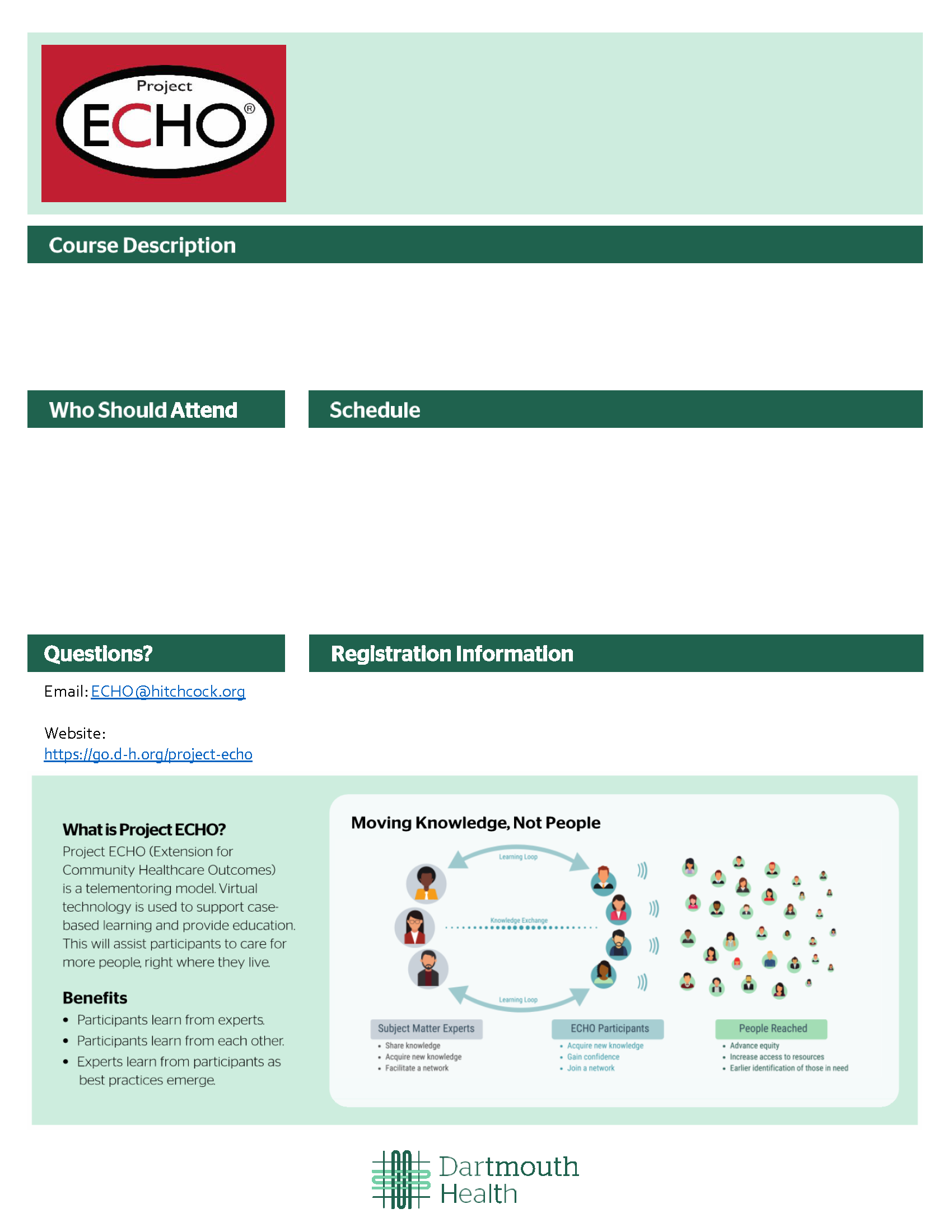
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| Sessions will be every Tuesday from 12-1pm EST | |
| March 12, 2024 | Prevention and Early Intervention: Building Resilience and Connection |
| March 19, 2024 | What Might We Be Seeing- The Underlying Cause |
| March 26, 2024 | Getting Help When We Need It- Resources and Working With Families |
| April 2, 2024 | What Can We Do As Individuals |
| April 9, 2024 | Practical Strategies For This Moment In Time |
| April 16, 2024 | Learn About youth Mental Health First AId |



\*REGISTRATION IS FREE

To register, visit:

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See

* Coaches
* Scout leaders
* Faith leaders
* Music/drama/art teachers
* Rec center leaders, i.e. YMCA - summer camps/programs
* Librarians
* Anyone in position to mentor youth

This interactive, web-based learning series will provide tools for school staff, coaches, and community youth leaders to better support the increased number of youth under stress and in distress. Nationally and in our communities, youth are experiencing continuing increases in anxiety, depression, trauma, and suicidal ideation, to where we are now in a widely recognized youth mental health crisis. Our goal is to provide information and resources to help those in the community address this crisis that is affecting schools, camps, faith communities, and teams today, along with an opportunity for discussing de-identified situations and receiving peer support

**Recognizing and Responding to Youth in Distress ECHO**

**A Dartmouth Health program to help support**

**communities in New Hampshire**