

Nebo School District

Mental Health

Awareness Night



Join us for a free parent seminar with information on Improving mental health and safety planning

**Provided by
Wasatch Mental Health.**

Dates and Locations

January 8, 2018 @ 6:30 Spanish Fork High

February 5, 2018 @ Maple Mountain High

March 6, 2018 @ 6:30 Payson High School

March 12, 2018 @ 6:30 Salem Hills High

April 16, 2018 @ 6:30 Springville High

Topics include

- Improving Mental Health
- Safety Planning
- Prevention tips
- How to get help and access to community resources

***Spanish Fork Junior High School will be offering detention credit for PARENT AND STUDENT ATTENDANCE.**

***Students and parents will sign an attendance log at the meeting.**

USOE Suicide Prevention
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