

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

***High Schools will be offering detention credit for Parent and student attendance.**

***Jr High Schools will be offering extra credit for parent and student attendance.**

USOE Suicide Prevention
Specialist Cathy Davis
cathy.davis@schools.utah.gov
801-538-7868

Nebo School District Student
Services Monica Hullinger
monica.hullinger@nebo.edu
801-354-7483