

# 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.**

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