



Merrimack School District  
Student Wellness Program Presents



## How to Connect with Youth and Access Support: A Community Conversation about Mental Health and Suicide Prevention

*What can you do? What can you say? How can you help?*

Join local mental health advocates to talk about how to support those we care about who struggle with mental health and wellness.

*We hope to build community awareness about this important topic, and the role that every community member can play in preventing suicide through support and understanding.*

Join Fern Seiden, Director of Student Wellness, Michele Watson, NH Family Network Coordinator at NAMI-NH, Terri Clyde, Community Activist and Family Advocate, and Irene Buchine, Author and Family Advocate to discuss these important topics. We will be using a pre-recorded webinar to launch our discussion:

*Strengthening the Community's Safety Net: How You Can Help Prevent Suicide with Ann Duckless, NAMI-NH Connect Trainer.*

**Time:** 6:30-8:00 PM

**Date:** Tuesday, January 25th, 2022

**Register:** <https://www.signupgenius.com/go/60b0a4aa5a82ba5fa7-themerrimack>

**Where:** Zoom link will be emailed to you upon registration

