

# 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 6, 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.**

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

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