

## January 22, 2025

The Poe Center for Health Education in conjunction with Wake County Eastern Regional Center, is excited to present Youth Mental Health First Aid (YMHFA).

#### Youth Mental Health First Aid

- WHAT: Youth Mental Health First Aid Ages 18+ Only Lunch will be provided
- WHERE: Wake County Eastern Regional Center 1002 Dogwood Drive Zebulon, NC 27597
- WHEN: January 22, 2025 9:30 a.m.—5:30 p.m.

### REGISTER:

https://www.poehealth.org/events/ymhfa-122/



QUESTIONS: j.fowler@poehealth.org

www.poehealth.org

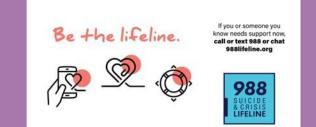


# Mental Health

from NATIONAL COUNCIL FOR MENTAL WELLBEING

#### **Program Description**

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.



GrowWELL Garden | Family Life | Nutrition & Physical Activity | General Health | Substance Use Prevention Dental Health | CookWELL Kitchen | Bullying Prevention | MindWELL Mental Wellness