

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
FIRST AID**

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.

Be the lifeline.

If you or someone you
know needs support now,
call or text 988 or chat
988lifeline.org

