

YMHFA: Youth Mental Health First Aid



Mental Health
FIRST AID

Poe Center for Health Education
224 Sunnybrook Road | Raleigh, NC 27610

March 8, 2024
9 a.m. - 5 p.m.

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.

RSVP required. We are limited to 18 participants. Sign up today to reserve your spot.

Sign up here:

<https://www.poehealth.org/events/youth-mental-health-first-aid-03-08-2024/>



Questions? Email Jessica Fowler at j.fowler@poehealth.org

Learn more: [PoeHealth.org](https://www.poehealth.org)