

Join the
Poe Center

**September
24th
9:30-5:00**

Youth Mental Health First Aid

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.

Location: Seven Marks Church
3500 Spring Forest Rd, Raleigh, NC
27616

R.S.V.P. is required
Please sign up at:



For questions and additional
information, please email
Jessica Fowler j.fowler@poehealth.org

Learn more: PoeHealth.org