

Join the  
Poe Center

**November  
11th  
10:00-4:00**

# 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:** Virtual

**R.S.V.P.** is required

Please scan & sign up at:



For questions and additional  
information, please email  
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**Learn more: [PoeHealth.org](http://PoeHealth.org)**