

# Mental Health First Aid (MHFA)

Partners:

Village of C.A.R.E.



**September 26, 2023**

**9 a.m. - 5 p.m.**

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

*Location: Wake County Northern Regional Center*

*350 Holding Ave Suite 163 | Wake Forest, NC 27587*

*RSVP required*

**Sign up here or scan the QR code to register by Sept 18th,  
2023:**

<https://www.eventbrite.com/e/696172790557?aff=oddtcreator>



Questions? Email Jessica Fowler at [j.fowler@poehealth.org](mailto:j.fowler@poehealth.org)

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