

Youth Mental Health First Aid (YMHFA)



partnershipforchildren
JOHNSTON COUNTY

Join the Poe Center at Partnership for Children
1406-A, S Pollock St, Selma, NC 27576

October 9, 2023
9:00 a.m. - 5:00 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. **Lunch will be provided.**



To register scan the QR code with the camera on your phone
by Oct 5th or use this link:

<https://www.eventbrite.com/e/642520816057>

Questions? Email j.fowler@poehealth.org or call 919-231-4006

Learn more: PoeHealth.org