

Mental Health First Aid



**3109 Poplarwood Court
Raleigh NC 27604**

**May 11, 2024
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, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD) and eating disorders.

We are limited to 30 participants - sign up today to reserve your spot. If the session is full, we will contact you and let you know that we have added you to a waiting list and you will also be notified first of any upcoming sessions.

RSVP Required

Sign up here:

<https://www.poehealth.org/events/mhfa-524/>



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

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

