

August 20, 2024

The Poe Center, in conjunction with Johnston County Health Department, is excited to present Mental Health First Aid.

Mental Health First Aid

WHAT: Mental Health First Aid

WHERE: Johnston County Health Dept.
517 N Brightleaf Blvd
Smithfield, NC 27577

WHEN: August 20, 2024
9 a.m.—5 p.m.

REGISTER:
<https://www.poehealth.org/events/mhfa-820/>



QUESTIONS: j.fowler@poehealth.org



www.poehealth.org



Program Description

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.

Be the lifeline.

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

