

Youth Mental Health First Aid

January 16, 2026

The Poe Center for Health Education in conjunction with Holly Springs Parks & Recreation, is excited to present Youth Mental Health First Aid (YMHFA).

Youth Mental Health First Aid

WHAT: Youth Mental Health First Aid
Ages 18+ Only
Lunch provided

WHERE: East Regional Library
946 Steeple Square Ct
Knightdale, NC 27545

WHEN: January 16, 2026
9:00 a.m.—5:00 p.m.

REGISTER:

<https://www.poehealth.org/events/ymhfa-11626/>



QUESTIONS: j.fowler@poehealth.org

www.poehealth.org

Wake County
Public Libraries



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Program Description

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.

Be the lifeline.

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

