

Mental Health First Aid

March 7 & 14, 2026

The Poe Center, in conjunction with Holly Springs Parks & Recreation, is excited to present Mental Health First Aid.

Mental Health First Aid

WHAT: Mental Health First Aid
Ages 18+ Only

WHERE: 301 Stinson Ave
Community Room
Holly Springs, NC 27540

WHEN: March 7 & 14, 2026
9 a.m.—1 p.m.

REGISTER:
<https://www.poehealth.org/mhat-030725>



QUESTIONS:
j.fowler@poehealth.org



www.poehealth.org



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

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



988
SUICIDE
& CRISIS
LIFELINE