

# Youth Mental Health First Aid

## February 10 & 12, 2026

*The Poe Center for Health Education in conjunction with Zebulon Community Center, is excited to present Youth Mental Health First Aid (YMHFA).*

### Youth Mental Health First Aid

**WHAT:** Youth Mental Health First Aid  
Ages 18+ Only  
Dinner will be provided

**WHERE:** Zebulon Community Ctr  
301 S Arendell Ave  
Zebulon, NC 27597

**WHEN:** February 10 & 12, 2026  
5:00 p.m.—9:00 p.m.  
Must attend both sessions

**REGISTER:**  
<https://www.poehealth.org/ymhfa-021026>



**QUESTIONS:** [j.fowler@poehealth.org](mailto:j.fowler@poehealth.org)  
[www.poehealth.org](http://www.poehealth.org)



**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](http://988lifeline.org)

