

February 23, 2026

*The Poe Center is excited to present Mental Health First Aid!*

## Mental Health First Aid

**WHAT:** Mental Health First Aid  
Ages 18+ Only

**WHERE:** Poe Center  
224 Sunnybrook Road  
Raleigh, NC 27610

**WHEN:** February 23, 2026  
9 a.m.—5 p.m.

**REGISTER:**  
<https://www.poehealth.org/mhfa-022326>



**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

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](https://988lifeline.org)

