

# Youth Mental Health First Aid

## May 19, 2026

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

## Youth Mental Health First Aid

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

**WHERE:** Partnership for Children  
1406-A S Pollock St  
Selma, NC 27576

**WHEN:** May 19, 2026  
9:00 a.m.—5:00 p.m.

**REGISTER:**  
<https://www.poehealth.org/ymhfa-051926>



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

