



Youth Mental Health First Aid

Presented by the Poe Center for Health Education



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Youth Mental Health First Aid is designed to teach parents, caregivers, educators, professionals, and other caring adults how to help an adolescent (age 12-18) who is experiencing a mental health challenge, addiction 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.

Saturday, July 18, 2026

9:00 a.m. - 5:00 p.m.

1915 Health Services Way

Raleigh, NC 27607

Presented by the Poe Center for Health Education

This program is presented at no cost.

This program is for adults only.

Register here:

<https://www.poehealth.org/ymhfa-071826>

Questions? Jessica Fowler

j.fowler@poehealth.org



988

**SUICIDE & CRISIS
LIFELINE**

224 Sunnybrook Rd, Raleigh, NC, 27610 | [poehealth.org](https://www.poehealth.org) | 919-231-4006 | info@poehealth.org

GrowWELL Garden | Family Life | Nutrition & Physical Activity | General Health | Substance Use Prevention
Dental Health | CookWELL Kitchen | Bullying Prevention | MindWELL Mental Wellness

PoeCenter
The Alice Aycock Poe Center for Health Education