



Youth Mental Health First Aid

*Presented by the Poe Center for Health Education,
In partnership with Benhaven Public Library.*



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.

Tuesday, August 11, 2026

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

Benhaven Public Library, Meeting Room

2815 Olivia Road

Sanford, NC 27332

Presented by the Poe Center for Health Education

This program is presented at no cost.

This program is for adults only.

Register here: [short link]

Questions? Jessica Fowler
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In partnership with:



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