



Youth Mental Health First Aid

*Presented by the Poe Center for Health Education,
in partnership with Wake County Regional Center.*



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.

Friday, August 14, 2026

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

Southern Regional Center, Room 182

130 N Judd Pkwy NE

Fuquay-Varina, NC 27526

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-081426>

Questions? Jessica Fowler

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