



# Youth Mental Health First Aid

*Presented by the Poe Center for Health Education,  
in partnership with Partnership for Children  
Harnett County.*



**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.

**Monday, September 28, 2026**

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

**Partnership for Children Harnett County**

**327 Pine State St**

**Lillington, NC 27546**

**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-082826>



**In partnership with:**

**Questions?** Jessica Fowler  
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**988**

**SUICIDE & CRISIS  
LIFELINE**

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**PoeCenter**  
The Alice Aycock Poe Center for Health Education