

Youth Mental Health First Aid

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

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.

Thursday, December 10, 2026
9:00 a.m. - 5:00 p.m.
Harnett County Partnership for Children
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-121026

Questions? Jessica Fowler
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In partnership with:

HARNETT COUNTY PARTNERSHIP FOR Children