

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.

Thursday, December 3 & 10, 2026
10:00 a.m. - 2:00 p.m.
Public Library of Johnston County and Smithfield
305 E Market St
Smithfield, NC 27577
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-120326

Questions? Jessica Fowler
j.fowler@poehealth.org

988 | SUICIDE & CRISIS LIFELINE

224 Sunnybrook Rd, Raleigh, NC, 27610 | poehealth.org | 919-231-4006 | info@poehealth.org

PoeCenter™
The Alice Aycock Poe Center for Health Education