

Youth Mental Health First Aid

Presented by the Poe Center for Health Education, In partnership with Clayton Parks & Rec.

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.

Wednesday, December 9, 2026
9:00 a.m. - 5:00 p.m.
Clayton Parks & Rec
715 Amelia Church Rd
Clayton, NC 27520
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-120926

Questions? Jessica Fowler
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988 | SUICIDE & CRISIS LIFELINE

In partnership with:

NORTH CAROLINA CLAYTON 1869

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The Alice Aycock Poe Center for Health Education

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