

YMHFA: Youth Mental Health First Aid



OCCONEECHEE COUNCIL
BOY SCOUTS OF AMERICA



**Join the Poe Center and the Occoneechee Council Special Needs Committee
at TRICOM Technology Solutions**

5400 Etta Burke Ct | Raleigh, NC 27606

**Saturday, February 3, 2024
9 a.m. - 5 p.m.**

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions 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.

**Lunch will be provided*

RSVP required. We are limited to 30 participants. Sign up today to reserve your spot.

Sign up here:

<https://www.eventbrite.com/e/777949226077?aff=oddtcreator>



Questions? Email Jessica Fowler at j.fowler@poehealth.org

Learn more: PoeHealth.org