

SPRING LAKE FAMILY SUPPORT SERVICES
A PATH 4WARD: OPIOID RECOVERY AND RESILIENCE PROGRAM

YOUTH MENTAL HEALTH FIRST AID TRAINING

IN PARTNERSHIP WITH MID-CAROLINA REGIONAL COUNCIL



TOPICS INCLUDE:

- ANXIETY & DEPRESSION
- SUBSTANCE ABUSE
- PSYCHOSIS-RELATED DISORDERS
- DISRUPTIVE BEHAVIOR DISORDERS (ADHD)
- EATING DISORDERS

**LUNCH PROVIDED
LIMITED SEATING
RSVP BY 3/13/26**

CRAINES@MCCOG.ORG

**YOUTH MENTAL HEALTH FIRST AID
MARCH 18, 2026
9AM - 5PM**

**LEEM TRAINING CENTER
108 MCKENZIE ROAD, SPRING LAKE NC, 28390**

WHAT YOU WILL LEARN: HOW TO SUPPORT ADOLESCENTS (AGES 12-18) FACING MENTAL HEALTH CHALLENGES OR CRISIS. THIS COURSE EQUIPS PARENTS, CAREGIVERS, TEACHERS, SCHOOL STAFF, AND COMMUNITY MEMBERS WITH THE SKILLS TO RECOGNIZE COMMON MENTAL HEALTH ISSUES, UNDERSTAND ADOLESCENT DEVELOPMENT, AND SUPPLY A 5 STEP ACTION PLAN TO ASSIST IN CRISIS AND NON CRISIS SITUATIONS.

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