

MID-CAROLINA AGENCY ON AGING PRESENTS

YOUTH MENTAL HEALTH FIRST AID TRAINING

SPONSORED BY MID-CAROLINA REGIONAL
OPIOID & SUBSTANCE ABUSE KINSHIP CARE & ALLIANCE HEALTH



**Aug 20, 2025
9am – 5pm**

**Westover
Recreation Center
267 Bonanza Drive
Fayetteville, NC**

YOUTH MENTAL HEALTH FIRST AID

Learn how to support adolescents (ages 12-18) facing mental health challenges or crises. This course equips parents, caregivers, teachers, school staff, and community members with the skills to recognize common mental health issues, understand adolescent development, and apply a 5-step action plan to assist in crisis and non-crisis situations.

Lunch will be provided • Limited Seating Available

TOPICS INCLUDE:

- ☒ Anxiety & Depression
- ☒ Substance Use
- ☒ Psychosis-Related Disorders
- ☒ Disruptive Behavior Disorders (ADHD)
- ☒ Eating Disorders

**RSVP Required by
Aug 13, 2025**

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