



**St. Matthew**  
**BAPTIST CHURCH**  
5410 Louisburg Rd, Raleigh, NC 27616



1 in 5 teens in the US will experience a mental health challenge by the time they are 18

## Teen Mental Health First Aid Training

Suicide is the 3rd leading cause of death for youth ages 15-19.

Adolescence is a time of critical change and development. It's when mental health challenges may first emerge and may be the cause for falling grades, problems with close relationships and substance use. Young people will be prepared to provide support for their peers as well as better cope with mental health challenges themselves.

### WHAT TRAINING COVERS:

- How to open the conversation about mental health and substance use challenges.
- Common signs and symptoms of mental health and substance use challenges.
- The impact of school violence and bullying on mental wellbeing.
- How to seek the help of a responsible and trusted adult.



St. Matthew's Baptist Church  
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Sunday, January 28, 2024 2:00-4:00pm  
Sunday, February 4, 2024 2:00-4:00pm  
Sunday, February 11, 2024 2:00-4:00pm

*Participants must attend all training dates to receive certification*

**Sign up!**  
**After Church or by Email**  
**Brittni Fontenot, Youth Leader**  
**[brittni.fontenot@gmail.com](mailto:brittni.fontenot@gmail.com)**

### \*Make-Up Sessions:

Saturday, February 3, 2024 1:00pm -3:00pm  
Saturday, February 10, 2024 1:00pm -3:00pm  
Saturday, February 17, 2024 1:00pm -3:00pm



Training Sponsored by:  
North Carolina Central University  
Department of Social Work FAITH Project  
Substance Abuse and Mental Health Service Administration MHAT Grant



Faith Alliance Intervention  
Towards Health