



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



1 in 5 teens
and young
adults lives
with a mental
health
condition.

Youth Mental Health First Aid Training

50%
of all mental
illnesses
begin by age 14,
and
75% by the mid-
20s.

Youth Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

WHAT TRAINING COVERS:

- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD)
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.



St. Matthew's Baptist Church
5410 Louisburg Rd, Raleigh, NC 27616



Saturday, January 20, 2024
9:00am - 3:30pm

Lunch will be provided

Sign up!
After Church or by Email
Britni Fontenot, Youth Leader
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North Carolina Central University
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Substance Abuse and Mental Health Service Administration MHAT Grant

