

Orange County Fall 2026 Mental Health Trainings



	TRAINING	DATE & TIME	LOCATION
	Youth Mental Health First Aid Teaches parents, family members, caregivers, teachers, school staff, health and human services workers, and other adults who primarily interact with young people (age 12-18) how to offer and provide initial help, and how to guide the teen toward appropriate care, if necessary.	Friday, Sept. 25 8:30am-3:30pm	Southern Human Services Center, 2501 Homestead Rd, Chapel Hill
		Wednesday, Oct. 21 8:30am-3:30pm	Bonnie B Davis Environment and Agricultural Center, 1020 US 70 West, Hillsborough
	Question Persuade Refer (QPR) Just like CPR, QPR is an emergency response to someone in crisis and can save lives.	Wednesday, Sept. 23 3-4:30pm	OC West Campus Office Building, 131 W. Margaret Lane, Hillsborough
	Adult Mental Health First Aid Teaches how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care, if necessary.	Tuesday, Sept. 22 8:30am-4:30pm	Southern Human Services Center, 2501 Homestead Rd, Chapel Hill
	Community Resiliency Model (CRM) CRM Workshops introduces the six wellness skills of CRM designed to help adults and children learn to track their own nervous systems in order to bring the body, mind and spirit back into greater balance, and to encourage people to pass the skills along to family, friends and their wider community.	Wednesday, Oct. 7 1:30-4:30pm	Drakeford Library Complex, 203 S. Greensboro St, Carrboro
		Wednesday, Oct. 20 1:30-4:30pm	OC West Campus Office Building, 131 W. Margaret Lane, Hillsborough

Register at www.orangecountync.gov/MHT



For more information, contact Marcy Williams, Public Health Education Manager,
at 919.245.2449 or marcwilliams@orangecountync.gov.