

WAKE COUNTY 4-H



WALK FOR MENTAL HEALTH



Saturday, October 7th 10AM
Historic Oak View Park

Youth-led event spotlighting the concerns about mental health among young people. Open to everyone!

We'll start the morning walk outside of the Wake County Commons. Participants follow the trails behind the office buildings to Historic Oak View Park. Along the walk, Wake County 4-H Teen Council members set up displays focusing on mental health concerns among youth populations.

This is an annual event to benefit the National Alliance on Mental Illness (NAMI) of Wake County.

SPOTLIGHT: YOUTH VOICE



Middle Creek High School Student, Emily Pirhalla, spoke to the commissioners about how they can include teenagers in their outreach work. She is one of three youth delegates from Wake County 4-H clubs who will represent the county in August at YouthVoice, a part of the North Carolina Association of County Commissioners' Annual Conference that allows the next generation of leaders to connect with county commissioners.



Stay Connected!

@Wake4H @WakeCoopExt



2023 YOUTH HEALTH COUNCIL

Youth Health Council started during the pandemic as a means to recruit and train teens of Wake County to spread awareness to the public, especially their peers, on COVID-19.

This past year, members focused their efforts on the **impact of COVID-19 on Mental Health.** We recognized and showcased the work of YHC members at an award ceremony in August, including:



A "Zine", or miniature magazine expressing the effects of COVID-19 on youth mental health



YouTube Video spotlighting young people's lives upended by the pandemic



Short PSA about a Suicide Crisis Lifeline

QUARTERLY PROGRAM HIGHLIGHTS 2023 Summer Round-Up!