teen MENTAL HEALTH FIRST AID

WHY teen MENTAL HEALTH FIRST AID?

teen Mental Health First Aid (tMHFA) is a training program for teens brought to the United States by the National Council for Mental Wellbeing in partnership with Born This Way Foundation. It teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges in their friends and peers.

49.5% of adolescents ages 13-18 live with a mental disorder. More than 1 in 5 (22.2%) of them experience a severe impairment.

Source: National Institute of Mental Health

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

Source: Archives of General Psychiatry

Suicide is the second-leading cause of death for youth age 15-19

Source: National Center for Health Statistics

WHAT IT COVERS

- Common signs and symptoms of mental health and substance use challenges.
- Common signs and symptoms of a mental health crisis, particularly suicide.
- The impact of school violence and bullying on mental health.
- How to open the conversation about mental illnesses and substance use with friends.
- How to seek the help of a responsible and trusted adult.

WHO TAKES OR TEACHES tMHFA?

- Teens in grades 10-12 or ages 15-18.
- High schools, organizations partnering with a high school and youth-serving organizations are eligible to teach tMHFA.

THREE WAYS TO TEACH AND LEARN

- In-person – Lessons are conducted in person in six 45-minute sessions or three 90-minute sessions.
- Blended – Teens complete a self-paced online lesson, then participate in six live, Instructor-led sessions. These Instructor-led sessions can be:
  » Video conferences.
  » In-person classes.

Sources:

To bring tMHFA to your community, visit MHFA.org/teens.