



## 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.

# 1 IN 4

adolescents age 12 to 17 have had a substance use disorder or a major depressive episode in the past year.

Source: 2021 National Survey on Drug Use and Health

# 50%

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

Source: Archives of General Psychiatry\*\*\*

Suicide is the third-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:

Substance Abuse and Mental Health Services Administration (SAMHSA). (2022). Key substance use and mental health indicator in the United States: Results from the 2021 National Survey on Drug Use and Health. Center for Behavioral Health Statistics and Quality, SAMHSA.

<https://www.samhsa.gov/data/report/2021-nsduh-annual-national-report>

Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593

National Center for Health Statistics. (n.d.) *Adolescent health*.

<https://www.cdc.gov/nchs/fastats/adolescent-health.htm>