



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# teen MENTAL HEALTH FIRST AID

## WHY **teen** MENTAL HEALTH FIRST AID?

teen Mental Health First Aid (tMHFA) 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*

## 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.

## 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 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, 11 and 12 or ages 15–18.
- High schools, organizations partnering with a high school and youth-serving organizations are eligible to teach tMHFA.

Sources:

National Institute of Mental Health. (n.d.) *Statistics: mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>

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>

To bring tMHFA to your community, visit [MHFA.org/teens](https://MHFA.org/teens).