



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 9-12, or ages 14-18, 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 9-12 or ages 14-18.
- 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.