



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# teen MENTAL HEALTH FIRST AID



*When we first started the tMHFA training, I didn't think it would help me at all. However, I was surprised by how much I learned about taking care of my own mental health, being kind to those around me, supporting my friends through rough patches and how to potentially save a life."*

—Ava Sapolski

Amherst Steele High School,  
Amherst, OH

## WHY MENTAL HEALTH FIRST AID?

Build a powerful community of teens ages 14-18 by teaching them how to support a friend or classmate with the evidence-based teen Mental Health First Aid (tMHFA) course.

Adolescence is a time of critical change and development. It's when mental health challenges may first emerge and may be the cause for falling grades, problems with close relationships and substance use. Young people will be prepared to provide support for their peers as well as better cope with mental health challenges themselves.

tMHFA was brought to the United States by the **National Council for Mental Wellbeing** in partnership with **Born This Way Foundation**, and is tailored to the unique experiences and needs of young people. Its plain language ensures learners at all reading levels can easily follow along.

**1 IN 5\***

teens in the United States will experience a mental health challenge by the time they are 18.

**64%\***

of teens in the United States who experience mental health challenges don't seek help.

Suicide is the **THIRD-LEADING CAUSE OF DEATH\***

for youth ages 15-19.

\*the original research for the displayed statistic is linked

## WHAT IT COVERS

- How to open the conversation about mental health and substance use challenges.
- Common signs and symptoms of mental health and substance use challenges.
- The impact of school violence and bullying on mental wellbeing.
- How to seek the help of a responsible and trusted adult.

## WHO SHOULD TAKE IT

- Teens in grades 9-12 or ages 14-18.

## WHO SHOULD TEACH IT

- High schools, organizations partnering with a high school, youth-serving organizations.

**Bring teen MENTAL HEALTH FIRST AID to your community**

Visit **MHFA.org/Teens** for more information

To find a course or contact an Instructor in your area, visit **MHFA.org/Teens** or email **teenMHFA@TheNationalCouncil.org**.

**BORN THIS WAY FOUNDATION**