

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 teen Mental Health First Aid?

Build a powerful community of teens ages 15-18 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.

* National Alliance on Mental Illness. (n.d.). Kids.
<https://www.nami.org/YourJourney/Kids-Teens-and-Young-Adults/Kids>

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.

**Bring teen Mental Health First Aid to
your community!**

Contact sarah.comey@rwjbh.org to
schedule a training.

Where is it taught?

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

Who should take it

- Teens in grades 10-12 or ages 15-18.