



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

teen MENTAL HEALTH FIRST AID

Gabriel's Light is now offering teen Mental Health First Aid (tMHFA) training for youth ages 15-18.



WHAT IS IT?

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. Certified instructors teach teens in grades 10-12 how to identify, understand and respond to signs of mental health and substance use challenges in their friends and peers.

WHAT DO TEENS LEARN?

- 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



WHY IS IT IMPORTANT?

- Suicide is the 2nd leading cause of death ages 15-19
- Over 49% of teens live with a mental health disorder
- 50% of all mental illnesses begin by age 14

Teens are experiencing more mental health challenges than ever as they cope with the pandemic, gun violence, global warming, and many other stresses. Teaching them how to identify peers that are in trouble is an affective way to find help for those in need.



ABOUT THE TRAINING

Gabriel's Light has a certified trainer that will teach participants lessons during three in-person 90 minute sessions. Sessions will be offered year round. Contact us for dates, times, and locations. Teens earn up to 15 service hours!

Interested? Email info@gabrielslight.org