

# **What Parents/Guardians Need to Know About teen Mental Health First Aid (tMHFA)**

East Brunswick Youth Council will be offering teen Mental Health First Aid (tMHFA) training for any member of Youth Council in Grades 10 through 12 beginning on February 19 (specific dates & times can be found on Volunteer Matrix).

teen Mental Health First Aid (tMHFA) is an evidence-based training that 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. The training gives teens the skills they need to have supportive conversations with their friends and emphasizes the importance of getting help from a responsible and trusted adult. Young people often turn to each other when stressed or upset and try to help, sometimes taking on too much. tMHFA teaches them they don't have to take these problems on alone. The course discusses issues that some teens may find distressing, like school violence and suicide. You may wish to discuss these subjects with your teen before or after the training.

Mental health challenges are very common in adolescents, and this course is not being introduced because of any specific problems at our location. In the event of a suicide here, be aware the specific suicide will not be discussed during the class, nor will any individual teen.

**The course is being taught by John Roche and/or Ashley Faulcon (the EBYC Advisers).** All instructors teaching the course have received special training and are certified to teach the course by Mental Health First Aid USA®, a division of the National Council for Mental Wellbeing.

The course is taught at EBYC in three 90-minute sessions. The following is an overview of what will be addressed.

Session 1 - Mental health in general, what mental health challenges are, how common they are in teens.

Session 2 - The impact of mental health challenges on teens, how people with mental health challenges can get better, professionals who can help.

Session 3 - Helping a friend who is in crisis because they are suicidal, introducing the tMHFA Action Plan ("Look, Ask, Listen, Help Your Friend") and how it can be used in a crisis situation. A video shows a teen helping a friend who is experiencing suicidal thoughts.

Session 4 - Helping a friend who is in another type of crisis, such as threatening violence or harm to others, engaging in non-suicidal self-injury, or experiencing a traumatic event such as bullying, abuse or assault. Practice using the tMHFA Action Plan ("Look, Ask, List, Help Your Friend") in these types of crisis situations.

Session 5 - How to help a friend who may be in crisis due to substance use, how to help when a friend might be developing a mental health challenge. The course does not teach teens how to diagnose! It's information about being a supportive friend, encouraging friends to seek help, and knowing when it's time to get someone else involved.

Session 6 - Recovery, resiliency and all final activities to complete the tMHFA course.

Teens who participate in tMHFA will receive a certificate of completion for taking the course and a manual to use during the course that they can take home after the last session. There are resources for further information in the manual that you may want to explore with your child. If you want to learn more now, the following resources are provided.

## RESOURCES

### National Helplines

If you or someone you know needs immediate help, call 911.

National Suicide Prevention Lifeline  
Call 800-273-TALK (8255)  
Visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Crisis Text Line  
Text "MHFA" to 741-741 for free 24/7 crisis counseling.  
Visit [www.crisistextline.org](http://www.crisistextline.org)

### Learn more about mental health problems

Teens Health  
[http://teenshealth.org/teen/your\\_mind](http://teenshealth.org/teen/your_mind)

National Alliance on Mental Illness  
[www.nami.org/Find-Support/Teens-and-Young-Adults](http://www.nami.org/Find-Support/Teens-and-Young-Adults)

National Institute of Mental Health  
<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

### Learn more about Mental Health First Aid

Mental Health First Aid USA  
[www.MentalHealthFirstAid.org/](http://www.MentalHealthFirstAid.org/)

You can also encourage your teen to talk to their school mental health professional for additional information and support.

**If you have any questions – please do not hesitate to email [ebyouthcouncil@eastbrunswick.org](mailto:ebyouthcouncil@eastbrunswick.org) or call the Recreation Office at 732-390-6797 and ask to speak to John or Ashley!**