



# Teen-to-Teen Mental Health First Aid

## A 4.5-HOUR ONLINE TRAINING FOR TEENS SUPPORTING TEENS

THIS EVIDENCE- BASED COURSE IS IDEAL FOR TEENS WHO WANT TO BETTER UNDERSTAND MENTAL HEALTH & HOW TO SUPPORT A FRIEND WHO MAY BE STRUGGLING.

### *Identify. Understand. Respond.*

This program recognizes that teens prefer sharing their problems with other teens. This training empowers teens to support others while keeping themselves safe.

#### **THE ROLE OF A MENTAL HEALTH FIRST AIDER:**

An informal first responder who can identify and respond to a friend who is:

- Showing early warning signs that they're becoming unwell
- Currently struggling with their mental health
- Experiencing a mental health crisis

#### ***This is NOT a training that:***

- Teaches teens how to counsel or diagnose
- Expects teens to handle their problems alone

#### **MENTAL HEALTH TOPICS COVERED:**

- Depression
- Anxiety
- Eating disorders
- Addiction
- Impact of social media

#### **MENTAL HEALTH CRISES COVERED:**

- Suicidal thoughts
- Self-harm
- Panic attacks

#### **COURSE OUTLINE:**

##### **Mental Health Literacy:**

- Understanding mental health vs. mental illness
- The relationship between thoughts, feelings, and behaviors
- Recognizing the sign of mental health problems or mental health crisis
- Building self-care

##### **The MHFA Action Plan:**

- How to Respond
- Getting the appropriate help

##### **Putting it into Practice:**

- Small group role plays



**MENTAL HEALTH FIRST AID**  
UNITED ARAB EMIRATES

This training is open to residents of the UAE only.

#### **AGE FOR TRAINING**

**13 – 15 years old**

**16 – 18 years old**

*\*Attendees must know an adult who is an accredited Mental Health First Aider (parent, teacher, school counselor).*

We offer two distinct trainings tailored to the different age groups. Both trainings share a common agenda focused on promoting mental health awareness and support among teenagers. However, the content and approach differ to suit the specific needs and maturity levels of the age groups.

#### **INVESTMENT & TIMINGS**

**AED 475 per person + 5% VAT**

**11AM - 3.30PM (4.5 hrs)**

#### **COURSE MATERIAL & E-CERTIFICATE**

**A course manual will be provided for the training. An e-certificate will be emailed to each participant upon completion of the training.**

#### **REGISTRATION LINK:**

**W. [www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)**

For more information, please contact Anna White: [awhite@lighthousearabia.com](mailto:awhite@lighthousearabia.com)

