



# Teen-to-Teen Mental Health First Aider Online Support Session

*This is a support session for those who have received teen-to-teen MHFA training.*

## WHO SHOULD ATTEND:

CERTIFIED TEEN MENTAL HEALTH FIRST AIDERS  
(ages 13 – 18 years old)

## FACILITATED BY:

The LightHouse Arabia MHFA Instructors

## PARTICIPANTS WILL:

- Debrief or process first-aid situations they have experienced
- Share any concerns related to mental health topics
- Discuss any current events that may be impacted teen's mental health
- Share with the group how they've been coping since the training

## IDENTIFY. UNDERSTAND. RESPOND.

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*Mental Health for  
Everyone, Everywhere*

## SUITABLE FOR:

This is open to Teens (13 - 18 yrs)

## REGISTRATION:

[lighthousearabia.com/events](https://lighthousearabia.com/events)

## LOCATION:

This is an online group. A Zoom link will be sent in advance upon registration.



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING

[lighthousearabia.com](https://lighthousearabia.com)