



# Adult-to-Adolescent Mental Health First Aid

THIS EVIDENCE-BASED COURSE IS IDEAL FOR ADULTS WHO WANT TO UNDERSTAND AND SUPPORT MENTAL HEALTH DIFFICULTIES IN YOUNG PEOPLE.

**Would you be able to identify the signs if a child or teenager was struggling with depression or anxiety? How would you respond if you knew a child or teen was suicidal or having a panic attack?**

Mental Health First Aid is the equivalent to physical first-aid training, but for mental health. It is a powerful toolkit that teaches you how to recognize and respond to signs of mental illness. No prior knowledge of mental health is required for you to learn these skills.



**MENTAL HEALTH FIRST AID**  
UNITED ARAB EMIRATES®

## Learn a little, help a lot.

A MENTAL HEALTH FIRST-AIDER LEARNS HOW TO IDENTIFY & RESPOND TO:

- Early warning signs of an emerging mental health issue
- An existing mental health illness
- Mental health crises

**THIS COURSE IS SUITABLE FOR PARENTS, TEACHERS, SCHOOL ADMINISTRATORS, SPORTS COACHES & HEALTHCARE PROVIDERS.**

It is ideal for anyone interacting with adolescents (12 - 18 yrs old), though also relevant for those helping kids a little younger or older.

You will learn how to respond to youth struggling with:

- DEPRESSION
- ANXIETY
- SUBSTANCE USE PROBLEMS
- EATING DISORDERS

**MENTAL HEALTH CRISIS SITUATIONS COVERED:**

- Suicidal thoughts
- Non-suicidal self-injury (i.e. self-harm)
- Panic attacks
- Trauma
- Severe effects of drugs or alcohol
- Aggressive behaviors

### TIMINGS

**9.30am - 2.30pm**

### INVESTMENT

**AED 1,595 per person + 5% VAT**

### LOCATION

**Online or In-Person**

### COURSE MATERIALS & ACCREDITATION

Course manual and resource pack will be provided.

Participants who successfully complete the training will become accredited Mental Health First Aiders (accreditation valid for three (3) years).

An e-certificate for the training will be provided.

9 CEU/CPD points from Dubai Health Authority. (DHA).

**Pre-Registration Required:**

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

**For more information and to book a Bespoke Training for your organization:**

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**THE LIGHTHOUSE®**  
CENTER FOR WELLBEING

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



The training is delivered by clinicians from The LightHouse Arabia, who have received their education and training in the USA, UK, Europe, South Africa and Australia. All have extensive experience in working with individuals and groups on a wide variety of mental health issues.



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HEALTH  
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*The LightHouse Arabia is  
the only accredited provider for  
MHFA training in the U.A.E.*

## SCHEDULE

### SESSION ONE - DAY 1

#### Section 1

##### MENTAL HEALTH LITERACY

- Prevalence rates
- Early detection and intervention
- Defining mental health and mental illness
- Risk factors for poor mental health
- Adolescent brain development
- Warning signs

#### Section 2

##### HOW TO RESPOND

- Mindset Meter
- The A.L.G.E.E. Action Plan

##### LUNCH

#### Section 3

##### UNDERSTAND, IDENTIFY & PRACTICE RESPONDING

- Depression in adolescents
- Small group role plays
- Mental Health Crisis: Suicidal thoughts or behaviors

### SESSION TWO - DAY 2

#### Section 4

##### ANXIETY

- Identifying and understanding signs of anxiety in adolescents
- Small group role plays
- Mental Health Crisis: Panic Attacks, Non-Suicidal Self-Injury, and the After-Effects of Trauma

#### Section 5

##### EATING DISORDERS

- Identifying and understanding signs of eating disorders in adolescents

##### LUNCH

#### Section 6

##### ADDICTION

- Identifying and understanding signs of addiction in adolescents
- Mental Health Crisis: The Severe Effects of Substance Abuse
- Summary of Course & Accreditation Exam instructions

