

# TEEN-TO-TEEN MENTAL HEALTH FIRST AID FREQUENTLY ASKED QUESTIONS

## *Asked by Teens*

#tMHFA #yourmindmatters

### **1. What is Teen-to-Teen Mental Health First Aid (tMHFA)?**

tMHFA is the equivalent of physical first aid, for mental health. The tMHFA course gives young people the skills they need to recognize and respond to mental health problems and crises in their friends, and to get the help of an adult quickly. Young people will often turn to each other when stressed or upset and try to help each other, and sometimes they can take on too much responsibility. This course teaches you how to get a responsible adult involved in order not to try to take on these problems alone.

### **2. Will the sessions be recorded?**

No, for confidentiality reasons, the course will only be offered through a live format.

### **3. Why do I have to turn my video on?**

This helps us all stay engaged and attuned to one another throughout the training, like we would during an in-person training. It also helps your instructor protect confidentiality of everyone in the group. If, during the course you self-identify as having an issue or find any of the content distressing, you can turn off your camera and directly message the instructor who provide support and guidance.

### **4. Is it therapy? Do I have to talk about my problems?**

No. This is an education course and it is not therapy or a support group. It will only give you the skills to help a friend who is struggling with a mental health problem. You won't be asked to talk about yourself or anyone you are worried about. You won't be taught how to give anyone therapy either.

### **5. Why should I take this course?**

Mental health issues are very common amongst teens. Half of all mental health conditions start by age 14 but most cases remain undetected and untreated for approximately 8 to 10 years. Learning how to identify and respond to others who are struggling will empower you to make a difference in a friend's life, so they can get the help they need sooner rather than later.

### **6. What will I learn in this course?**

A teen mental health first-aider learns how to identify and respond to early warning signs that another teen is becoming unwell, is currently struggling with their mental health or is experiencing a mental health crisis (i.e., suicidal thoughts, self-harming behaviors or a panic attack).

### **7. What if I've tried everything already to help a friend who's struggling?**

Sometimes it feels like you've tried everything to help a friend, yet nothing has worked. This course might help you think of new ideas. But if not, it will also teach you when it's okay to just continue being a friend and when you will need to get a trusted adult involved to help.



## 8. I don't know anyone with mental health problems, so why would I do this course?

Mental health problems are very common. About one quarter of young people experience a mental illness each year. You probably have friends and other classmates who have mental health problems and you don't realize it. You might think they are anti-social or difficult to be around, or not making an effort, or simply behaving strangely. This course will help you understand when they are having real difficulties.

## 9. How many people will be in the training course?

A maximum of 20 teens can attend per course.

## 10. Where can I get more information about mental health problems?

There are many reputable websites about mental health problems. We suggest you visit some of these:

- **ReachOut!** is a website which has information about mental health, substance use, relationships, legal issues relevant to young people, and other important topics.  
**[www.reachout.com](http://www.reachout.com)**
- **beyondblue** is the national depression initiative and has a website designed for young people which has a lot of information about depression and anxiety and other related issues. You can order resources online or download a lot of different factsheets.  
**[www.youbeyondblue.com](http://www.youbeyondblue.com)**
- **The Eating Disorders Foundation of Victoria** has a great website with lots of information. You can also call them for information and referral. Their new website, 'how far is too far', can help people to understand if they might be exercising or dieting too much.  
**[www.eatingdisorders.org.au](http://www.eatingdisorders.org.au) and [www.howfaristoofar.org.au](http://www.howfaristoofar.org.au)**

## 11. Will I receive a certification?

Yes. You will receive a certificate upon completing the course.

## 12. Will I receive an accreditation card?

Unlike the Adult MHFA course, there is no accreditation card for the tMHFA course.

## 13. I've lost my certificate. How can I get a new one?

Please send an email to **[info@lighthousearabia.com](mailto:info@lighthousearabia.com)** or call +971 (0)4 380 2088 requesting a new certificate or accreditation card. There is a fee of AED 75.

