



# Teen-to-Teen Mental Health First Aid

## A 4-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

**16 – 18 years old**

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

#### COURSE DATE

**Friday, January 22<sup>nd</sup>, 2020**

#### TIMINGS

**11am - 3pm** (4 hours of instruction)

#### INVESTMENT

AED 475 per person + 5% VAT

#### COURSE MATERIAL & CERTIFICATE

**The course manual must be collected from The LightHouse Arabia before the online training (e-manuals are not permitted).**

*E-certificates will be e-mailed to participants upon completion of the course.*

#### REGISTRATION LINK:

**W.** <http://bit.ly/38EyjWJ>

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

