



# Teen-to-Teen Mental Health First Aid

## A 4-HOUR TRAINING COURSE FOR TEENS SUPPORTING TEENS

THIS EVIDENCE-BASED COURSE IS IDEAL FOR TEENS WHO WANT TO LEARN HOW TO SUPPORT A FRIEND WHO MAY BE STRUGGLING WITH THEIR MENTAL HEALTH.

**Half of all mental health conditions start by age 14, but most cases remain undetected and untreated for approximately 8 to 10 years due to lack of awareness and stigma.** This is leading to a global epidemic of poor mental health. Depression is the leading cause of illness and disability amongst teens, and suicide being the 3rd leading cause of death amongst teens aged 15 to 19 years old. (National Institute of Mental Health: [www.nihm.nih.gov](http://www.nihm.nih.gov))



**MENTAL HEALTH FIRST AID**  
UNITED ARAB EMIRATES

*Learn a little, help a lot.*

**THIS COURSE IS SUITABLE FOR ALL TEENAGERS AGED 13 TO 18 YEARS OLD**

This program recognizes that teenagers prefer sharing their problems with their friends. It empowers teens to learn the skills to help someone who is becoming unwell, is currently struggling, or is experiencing a mental health crisis. Mental Health First Aid is the equivalent to physical first-aid training, but for mental health.

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

- Early warning signs that another teen is becoming unwell
- Someone who is currently struggling with their mental health
- Mental health crises

Teen Mental Health First Aiders know how to get a responsible and trusted adult to take over and get the struggling teen connected with appropriate help.

**tMHFA Is NOT a training that:**

- Teaches teens how to counsel or make a diagnosis
- Expects teens to handle their problems alone

**REQUIREMENTS:**

- Must be 13 to 18 years old
- Must know an adult who is an accredited Adolescent Mental Health First Aider (parent, teacher, school counselor)

**MENTAL HEALTH TOPICS COVERED:**

- Depression
- Anxiety
- Eating disorders
- Addictions

**MENTAL HEALTH CRISES COVERED:**

- Suicide
- Self-harm
- Panic attacks
- Bullying
- Substance abuse

**AGE FOR TRAINING** (2 age groups)  
**13 – 15 years old or**  
**16 – 18 years old**

**COURSE DURATION**  
**4 hours of instruction**

**INVESTMENT**  
AED 400 per person + 5% VAT

**\*Participants will receive a certificate of accreditation upon completion of the course.**

**CONTACT**

**For more information and to book a tMHFA training:**

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**MENTAL  
HEALTH  
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***The training is delivered by team members***

**from *The LightHouse Arabia*.** All are licensed clinicians 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.

***#yourmindmatters #bethedifference***

***The LightHouse Arabia is  
the only authorized and  
licensed provider for MHFA  
training in the U.A.E.***

**tMHFA COURSE OUTLINE (4 HOURS)**

**PART 1 - HEALTHY MINDS (80 MINUTES)**

DEFINING MENTAL HEALTH

- The spectrum of health and mental health
- What is a healthy mind?
- The relationship between thoughts, feelings and behavior

PREVALENCE & IMPACT OF MENTAL ILLNESS ON YOUTH

RECOGNIZING THE SIGNS OF MENTAL HEALTH PROBLEMS:

- Sadness vs depression
- Worry vs anxiety disorders
- Normal dieting vs eating disorders
- Addiction

VIDEO: 'WHAT IT WAS LIKE FOR ME': TEEN STORIES OF LIVING WITH A MENTAL HEALTH PROBLEM (PART 1 OF 3)

- Understanding stigma

**PART 2 - MENTAL HEALTH FIRST AID & RESPONDING TO CRISIS (80 MINUTES)**

DEFINING THE MENTAL HEALTH FIRST AID ACTION PLAN

DEFINING APPROPRIATE HELP:

- Identifying responsible adults & different professionals who can help

RECOGNIZING THE WARNING SIGNS OF A MENTAL HEALTH CRISIS & HOW TO RESPOND TO:

- Suicidal thoughts or behaviors
- Self-harm
- Panic attacks
- Bullying or abuse
- Addiction

**PART 3 - PUTTING IT INTO PRACTICE (80 MINUTES)**

VIDEO: 'WHAT IT WAS LIKE FOR ME': TEEN STORIES OF LIVING WITH A MENTAL HEALTH PROBLEM (PART 2 AND 3)

GROUP ACTIVITY

SMALL GROUP ROLE PLAY: RESPONDING TO SOMEONE WHOSE STRUGGLING

BUILDING SELF-CARE

HELPFUL LINKS & RESOURCES