



Understanding the Need: teen Mental Health First Aid

Why teen Mental Health First Aid?



1 in 5

teens in the United States will experience a mental health challenge by the time they are 18.

ADULTS ARE TRAINED TO SUPPORT

- A critical step of the tMHFA Action Plan is to get the help of a trusted adult.
- tMHFA sites should have 10% of school staff trained in **Youth Mental Health First Aid** before teaching tMHFA to teens.
- Sites are encouraged to offer Youth Mental Health First Aid training to parents/guardians.

tMHFA IS IMPORTANT BECAUSE

- Half of all mental illnesses begin by age 14 and 75 percent begin by the mid-20s.
- About two thirds of teens with a mental health issue do not receive the care they need.
- tMHFA is a tool that schools and communities can utilize to help prevent teen mental crises and to promote teen wellness, peer support, and healthy development.

YOUNG PEOPLE TURN TO EACH OTHER

- Many teens prefer to talk to their friends for support, and those friends may not always have the skills to help.
- tMHFA teaches young people the skills they need to recognize and

help their friends with mental health and substance use challenges and crises and how to get the help of a trusted adult quickly.

tMHFA 5 STEP ACTION PLAN

1.  **LOOK**
for warning signs

2.  **ASK**
how they are

3.  **LISTEN UP**

4.  **HELP**
them connect
with an adult

5.  **YOUR
FRIENDSHIP**
is important

tMental Health First Aid teaches young people how to identify, understand and respond to mental health concerns among their friends.

Learn more at [MHFA.org/teens](https://mhfa.org/teens)

Questions? Email us at teen@mhfamissouri.org

SAVE THE DATE - Upcoming cohort calls

Reminder: at least 1 person from your team must attend

February 8, 7:30 am or 3:30 pm
tMHFA Key Messages

March 7, 7:30 am or 3:30 pm
Data Reporting

Use this zoom link for each meeting:
<https://umsystem.zoom.us/j/98992636405>

Spotting YMHFA Ready Staff

Make it easy for teens to know who has been trained in Youth Mental Health First Aid

Brainstorm what works for your site:

- Hang posters with photos of staff who completed the training
- Put a sticker or poster in the classroom or office of trained staff

- Add “I am a certified Youth Mental Health First Aider” to staff ID badges
- Use a designated lanyard for those staff who have completed YMHFA
- Add ALGEE koala mascot to encourage conversations in your building
- Use a description in their email signature to indicate you are YMHFA trained

KEY MESSAGES

- Adults are here to help and support you. As a teen Mental Health First Aider, never feel like you must take on your own challenges or your friend’s challenges alone. Ask for help.
- Teens are resilient. You continue to grow, learn, and take on new life challenges.
- No matter what you are experiencing or have experienced, you can feel better. Help is available.
- It is okay not to be okay. It is okay to ask for help, when you are not okay.



Questions? Email us at teen@mhfamissouri.org

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