



MHFA USA Founding Partner



**Mental Health FIRST AID**  
**MISSOURI**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

### teen MENTAL HEALTH FIRST AID

tMHFA is an evidence-based training program for teens in grades 9-12, or ages 14-18. Through the program, teens learn how to recognize warning signs that a friend may be experiencing a mental health challenge. It also teaches them how to talk to a friend about mental health, seek help from a trusted adult, and access resources.

### FUNDING OPPORTUNITY

Missouri's Department of Mental Health is providing funding for tMHFA. Schools and youth-serving organizations are eligible to apply. Funding covers the cost of training instructors (a value of \$1,700 per person) and providing required program manuals for teen participants (a value of \$12.95 per student).

## APPLICATION PROCESS

Step 1: Listen to tMHFA information session.

- [click here](#) to access the recording.

Step 2: Application and Site Administrator Meeting.

- [Apply here](#)

*Awards will be made on a rolling basis after the written application and site administrator meeting are complete.*

## QUESTIONS?

**Email our team**

*[teen@mhfamissouri.org](mailto:teen@mhfamissouri.org)*

## ELIGIBILITY REQUIREMENTS

- Must be a school or youth-serving organization in Missouri.
- Must be able to implement tMHFA for teens in grades 9-12, or ages 14-18 in the current school year.
- Must designate a Site Administrator who will serve as the key contact and oversee implementation. The Site Administrator will need to provide reports on the number of students trained after each course.
- Must be able to meet the criteria of implementing tMHFA with fidelity:
  - *tMHFA will be taught by a certified adult instructor.*
  - *Sites are encouraged to provide Youth Mental Health First Aid to staff prior to or concurrently with tMHFA.*
  - *Sites must have a mental health professional on-site while tMHFA is being taught and safety protocols in place to ensure student safety.*
  - *tMHFA will be taught in classes of approximately five to 30 teens on non-consecutive days. The program should not be taught in large, assembly-style sessions.*