



Teen Mental Health First Aid

Years 7-9 and 10-12

Teen Mental Health First Aid training gives teenagers the skills they need to recognise and help with 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, taking on too much. This course teaches them not to take on these problems alone.

This course has not been introduced because of any specific problems at the school. Mental health problems are very common in adolescents.

Years 7-9 Outline

Session 1 - Discusses mental health problems in general, addressing thoughts and feelings that may go alongside mental health problems. Increasing understanding the commonality and impact of mental illness in young people.

Session 2 - Students learn about adults and professionals who can help and explore the Action Plan to support your friend (**'Look, Ask, Listen, Help Your Friend'**) is introduced for the first time in this session.

Students are taught that in a crisis situation such as self-harm, suicide and substance use it is important to **get a responsible adult involved right away, and even when it's not a crisis, adult help is important.**

Session 3 - In session three the focus is on **practising using the Action Plan. We don't teach students how to diagnose problems – it's advice about being a supportive friend, encouraging the friend to seek help, and knowing when it's time to get an adult involved and how to look after yourself.**

Years 10-12 overview

Session 1 - Discusses mental health problems in general, and understanding how common and these can impact a young persons life. Students also learn about adults and professionals who can help.

Session 2 - Talks about helping a friend who is in crisis, whether because they are suicidal, engaging in non-suicidal self-injury, using alcohol or other drugs, or experiencing bullying or abuse.

The Action Plan ('Look, Ask, Listen, Help Your Friend') is introduced for the first time, and applied to a crisis situation. Participants are told that in a crisis situation it is important to get a responsible adult involved right away.

Session 3 - Takes a step back and discusses how to help if someone seems to be developing a mental health problem. **We don't teach students how to diagnose problems – it's advice about being a supportive friend, encouraging the friend to seek help, and knowing when it's time to get an adult involved.**

All students receive a take home manual and certificate on course completion.

Resources and contacts

Find out more about teen Mental Health First Aid

<https://mhfa.com.au/courses/public/types/teen>

Learn more about mental health problems and young people

www.youthbeyondblue.com

www.reachout.com

<https://headspace.org.au>

Information about suicide:

www.livingisforeveryone.com.au

For immediate online help for teenagers:

www.kidshelp.com.au

www.eheadspace.org.au

For support at the school

Contact Person:

Email:

Trainer details

Trainer: Sacha King, *B.ch Social Work and Bch. Sci(Psych)*

TWO TWO ONE Mental Health Charity

E: sacha@twotwoonettraining.com



Look for warning signs



Ask how they are



Listen up



Help them connect with an adult



Your friendship is important



Teen Mental health first aid is designed age appropriate to support young people supporting their friends. The outcomes are to reduce the stigma of mental health problems, remove false information and improve help seeking.